

International Women's Day

Women's Wellness Festival

Friday 18th March 2016
1pm - 6pm

- Workshops
- Performances
- Food
- Information Stalls
- Market Stalls
- Giveaways And MORE!!!

Greys Beach, North Nowra

Saying NO to Domestic Violence is Everyone's Responsibility

For more information please contact
Kristine or Carley on (02) 44217400

Alcohol free zone

Email us at Shoalhavenwwwf@gmail.com or find us on Facebook

Waminda South Coast Women's Health & Welfare Aboriginal Corporation

5 McGrath Ave, Nowra 2541
PO Box 314 Nowra 2541
phone: 4421 0730
e-mail: swhc@swhc.org.au



website: www.shoalhavenwomenshealthcentre.org.au

facebook: Shoalhaven Women's Health Centre

Monday to Thursday 9.00am - 4.00pm

Funded by Illawarra Shoalhaven Local Health District



January 2016



Empowering | Supporting | Enriching

Shoalhaven Women's Health Centre (SWHC) empowers women to take control of their health and wellbeing through the provision of accessible, integrated health and intervention services within a caring, feminist environment.

Funded by Illawarra Shoalhaven Local Health District

Arthritis Workshop

This workshop has a special focus on the holistic management of arthritis. Topics covered include:

- Anti-inflammatory foods as medicine
- Foods to avoid
- Strategies for natural pain management
- Stretching exercises
- Strategies for pharmaceutical medicine management.



Wednesday 23rd March 2016

9.30am—12.00 noon

\$5.00 Donation

Bookings Essential



Thank you

We did it!

With your help we've made a difference to thousands of Australian women at risk & in need this Christmas

Missed out but still want to help?
www.sharethedignity.com.au

#itsinthebag
#sharethedignity

Thanks to the women of the Shoalhaven who supported this amazing project. SWHC distributed over 80 bags to women in our community!

Well done Shoalhaven Women!!



Mindfulness-Based Stillness Meditation

For centuries meditation has been used as a simple yet profound means for developing compassion and self awareness. Today it is widely used in clinical applications for physical and psychological conditions.

Studies have shown meditation to be therapeutic for anxiety and depression, chronic pain, hypertension, sleep problems and chronic illness. It also helps alleviate the impact from stress and trauma.

This 6 week course provides a step by step approach to reaching mindfulness. Week One provides a solid base through preparation, relaxation and inquiry. The following weeks are building blocks where we look at the excessive thinking mind, resistance, emotions, stillness, self-compassion and mindfulness in everyday life. Once mind/body are integrated the complete Mindfulness-Based Stillness Meditation can be practiced.

Wednesday

17th February to 23rd March 2016

1.00pm—2.30pm

A 6 week program

\$5.00 donation per week

Bookings essential

Membership of the SWHC.

Become a member of the SWHC Association. Only \$5.00 per annum and receive your copy of the Women's Biz in the post.



Due to the increased price of postage we can no longer mail out copies of the Women's Biz to clients who do not have paid membership. It is a horrible decision to make but we must conserve money for service delivery. *Emailing is available.*

**Well Women's Clinic
Women's Health Nurse at SWHC**

Women can access a range of services including :

- Breast checks
- Pap smears
- Pelvic Floor Muscle Assessment
- Advice
- Information and resources on Pre-conception Pregnancy
- Postnatal issues
- Contraception information
- Menopause
- Osteoporosis



Call us to make an appointment

**Tuesday is Clinic Day
This is a free service.**

Self Esteem Workshop

Good self esteem underpins all good communication and thus relationships. In the workshop we explore where self esteem comes from and how to improve it.



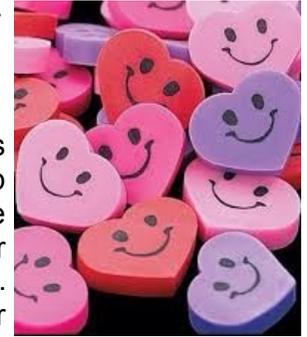
**Thursday 5th May 2016
10.00am - 12 noon
Free**

*** Bookings essential ***



**Are you on our Email List?
Call the Centre to receive a copy of the
Women's Biz.**

Cheat Ageing with a Happy Heart



As we age our dietary and social requirements change. It is an important time in our lives to keep the mind and muscles fed. Keeping up an active lifestyle, exercising and eating well are good for your muscles and bones *and* good for your brain. Eating the right foods can assist in recovery after illness. A happy heart keeps the body pulsating. There is more to cardiovascular health than cholesterol, high blood pressure and atherosclerosis. Come and learn how to keep the heart smiling and cheat ageing.



**Wednesday 13th April 2016
9.30am - 12.00 noon
\$5.00 Donation**

Bookings essential



Managing Stress Workshop

Stress management is a key learning area for all of us in this busy world. This one day workshop looks at how stress effects our lives, physically, psychologically, emotionally and socially. By increasing our understanding we can develop strategies to manage it in our daily lives. Doing the workshop itself is one of the strategies! This workshop also has a self care session, which may include relaxation, meditation, nutrition information and gentle exercise.

**Thursday
10th March 2016
10.00a.m.—12.00 noon
Free
*Bookings essential***

For workshop bookings call the Centre on 4421 0730

THAT SUGAR FILM

One of the best documentaries in 2015. It is about one man's journey to discover the bitter truth about sugar.

Damon Gameau embarks on a unique experiment to document the effects of a high sugar diet on a healthy body, consuming only foods that are commonly perceived as 'healthy'. Through this entertaining and informative journey, Damon highlights some of the issues that plague the sugar industry, and where sugar lurks on supermarket shelves. **THAT SUGAR FILM** will forever change the way you think about 'healthy' food.



We will be showing it on
THURSDAY

17th March & 19th May 2016

10.00am—11.30am

FREE

Bookings essential



CANDLE MAKING

Candle making is an art form that has survived for centuries and is a very popular hobby today. They are easy to create, mesmerizing to look at and make a great gift.

Handmade gifts for family and friends are special at any time. Why not come along and have a go at making your own candles. They could be great for Easter.

THURSDAY
24th March 2016

\$10

10.00am—12.00 noon

Bookings essential



New to Town Group

Or not so new...

New to Town is a group that will help support women in the Shoalhaven who would like to increase their social and support networks.

The New to Town group gives participants the opportunity to meet others in similar circumstances and to access information as to what services are available.

If you would like more information or to book a place, please call the Centre.

The group will meet weekly for 5 weeks.

Monday 7th March to 11th April 2016

1.00pm to 2.30pm

\$5.00 Donation

Bookings essential



Self Massage and Gentle Stretching

The self massage and gentle stretching workshop is designed to provide skills and techniques to help with body congestion and muscle tightness.

Linda and Sally have training in massage therapy, energy healing and yoga teaching. Their combined abilities will provide you with valuable information for self care.

Wednesday
27th April 2016

9.45am to 12.15pm

**Held at the Library Meeting
Room Berry Street, Nowra**

\$5.00 Donation

Bookings essential

Addressing the mind and body's needs on a daily basis can help prevent tension and muscle restriction. This program will run through a series of gentle stretches for upper and lower body and routine for self massage.

Pelvic Floor Health

A muscle not to neglect.

Is weight loss on your list of New Years Resolutions?

Another good reason to find time for exercise: Weight loss can help reduce urinary stress incontinence (i.e. leaking of urine on exertion - for example sneezing, standing from a chair or running).

One study in particular found weight loss of 8% (7.6kg) in overweight and obese women reduced their episodes of stress incontinence by 47%!

But, be mindful when choosing what type of exercise you participate in as some exercises can put extra stress on the pelvic floor region which may lead to worsening of some pelvic floor disorders. You can find more on this topic at www.pelvicfloorfirst.org.au

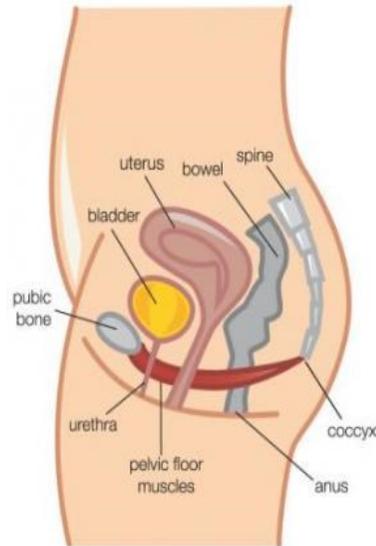
Any questions or comments - feel free to contact me at vanessa@balancedphysiopilates.com.au

Monday 8th February & 9th May 2016

9:30am - 11.30am

\$5.00 Donation

Bookings essential



Women's Wisdom Group

For women who have experienced a relationship that makes them feel bad

Would you like to learn skills to help you feel happier, choose healthier relationships, communicate better and manage depression, guilt and anxiety? Come and join us at the Centre for this 6 week Skill and Personal Development Program.

Wednesday mornings 10.00am - 12.30pm

Program begins

10th February to 16th March 2016

Bookings essential

Boost your energy

The liver is the major organ that cleanses and filters your blood.



**Monday
21st March &
18th April &
16th May 2016
10.30am—12.30pm
\$5.00 Donation
*Bookings essential***

If your liver is overloaded & exhausted it will struggle to detoxify your body, resulting in ill health.

Increase energy levels, weight issues, reduce allergies, improve hormonal health, enhance memory and recall.

For workshop bookings call the Centre on 4421 0730