

HEDLAND

well women's CENTRE



Presents

WW
Week

10th June - 17th June 2018



Proudly supported by

BHP

What is WOW Week?

Our annual 'Women on Wellness' program is a full week of FREE workshops and events.

The week aims to engage women (and in some events men and children) through a large variety of activities that address 'wellness'

of a social, emotional, physical, health and well-being nature.

Many local businesses and community members share their knowledge and expertise in a range of exciting programs.

Join us for a week of fun and be sure to try something new.

WOW WEEK PROGRAM 2018



Care for Hedland Environmental Association
Open Garden

Home Edible Food Gardening
Growing your own food Hedland style.



Sunday June 10th

3:30pm - 5:30pm

2b Welsh Street, South Hedland

WOW WEEK PROGRAM 2018

Monday June 11th

6:30am - 7:15am

Free F45 Cardio Class

Venue : F45 South Hedland



Get your fit on and enjoy this fun circuit based workout. Just 45 minutes and you will feel fantastic! Give it a go with the team at F45 South Hedland. All fitness levels welcome.

Bookings essential



10:00am - 11:30am

Homemaker

Presented by Beverly O'Brien

Venue: Bloodwood Tree



During this amazing workshop you will learn how to make your own non-toxic cleaning products, allowing you to have a healthier environment in your home.

11:00am - 12:00pm

Learn how to Ditch Sugar

Presented by Nicole Bathurst

Venue: Hedland Well Women's Centre



Join us as Nicole from Naturally Nic teaches us about the health benefits of ditching sugar and find out just how easy it can be. This workshop is a must if you are searching for a healthier lifestyle.



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WOW WEEK PROGRAM 2018

Monday June 11th

1:00pm - 2:00pm

Learn How to Become a Foster Parent

Presented by Katie Priest

Venue: Hedland Well Women's Centre

**MacKillop
Family Services**

Katie Priest of the MacKillop Family Services South Hedland, presents this information session on how to become a foster parent in the Pilbara. Enrich your life by fostering a child.

3.00pm - 4.00pm

Child Meditation and Mindfulness

Presented by Roxanne Dow

Venue: Hedland Well Women's Centre

This class involves games, breathing exercises, listening to a story, drawing and sharing in a safe and caring environment. It helps to reduce anxiety and create calmer happier children. Suitable for children 6-12 yrs, it helps to develop confidence, resilience, positive self talk, mindfulness, trust, emotional understanding, kindness and inclusive acceptance. This workshop provides a safe environment for children to learn how to help themselves deal with life's challenges.

4:30pm - 5:30pm

Investing in your Relationship

Presented by Cecilia Brownhill

Venue: Hedland Well Women's Centre

Relationships Australia
WESTERN AUSTRALIA

As we understand the need to invest financially throughout our working lives, we also need to understand how to invest in our relationships so they too can weather the hard times.

Join us for this workshop as we learn how to strengthen our relationships.

Men welcome



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WOW WEEK PROGRAM 2018

Tuesday June 12th

9:00am - 10:00am

Managing Household Finances

Presented by Rachel Burford

Venue: Hedland Well Women's Centre



In this informative workshop you will hear an overview of managing household finances, budgeting techniques, and how to get out of credit card and other debt. This workshop will also provide useful tips leading up to tax time 2018.

Men welcome



10:30am - 11:30am

Baby Massage

Presented by Serena Marshall

Venue: Hedland Well Women's Centre

Musculoskeletal Physiotherapist Serena Marshall, shows us the strokes and positions to massage your baby. Learn what oils are safe to massage with and some touch relaxation techniques.

Bookings essential



12:00pm - 2:00pm

Cake Decorating Workshop

Presented by Siti of "Siti's Sweets"

Supported by MiCasa

Venue: Hedland Well Women's Centre



Join us for this fun workshop as Siti teaches us to decorate unicorn cupcakes. Limited places available so book your spot today.

Bookings essential



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WOW WEEK PROGRAM 2018

Tuesday June 12th

2:30pm - 4:30pm

Craft Workshop

Let's Get Crafty

Venue : Hedland Well Women's Centre



Bring your own craft and enjoy a cuppa and a chat with other crafter's in a relaxing and friendly environment.

3:30pm - 4:15pm

F45 resistance class

Venue: F45 South Hedland



Do you want to start exercising? Are you afraid of the gym? Then this is the class for you. It's a great introduction to exercising the F45 way. So what are you waiting for? Enjoy this fun free class today!

Bookings essential



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WOW WEEK PROGRAM 2018

Wednesday June 13th

9:00am - 10:00am

Breaking the Back of Anxiety

Presented by Katie Priest

Venue: Hedland Well Women's Centre

**MacKillop
Family Services**

An informative and eye opening workshop that will give you the tools to break the back of anxiety. A must do workshop if you or someone you know is battling with anxiety.

10:00am - 12:00pm

Adjusting to Babyhood Club

Presented by Ann Whitney

Venue: Hedland Well Women's Centre



This wellness program runs regularly at the centre and provides mum's and bub's education on topics to assist, and an opportunity to socialise with other new mum's as you adjust to motherhood. This week the topic will be focused on strengthening your pelvic floor.

10:00am - 12:00pm

Devonshire Tea

Venue: Court House Gallery Gardens



port
hedland
courthouse
gallery

Join us for a delicious Devonshire Tea with our famous Well Women's scones, all in the surrounds of the Courthouse Gallery gardens. Then take a stroll through the Courthouse Art Gallery and treat yourself to some beautiful creations.

1:00pm - 2:00pm

Styling Workshop

Presented by Sally Casson

Venue: Hedland Well Women's Centre.



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WOW WEEK PROGRAM 2018

Wednesday June 13th

Sally Casson is a Stylist who has studied (and is still) with The Australian Style Institute in Melbourne. This workshop will give a brief outline of shapes and styles that suit your body as well as having some fun with accessories.

Bookings essential



3:00pm - 4:00pm

Jungle Body for Mums and Kids

Presented by Kathryn Moelands

Venue: Andrew McLaughlin Centre



Join The Jungle Body Portside for a super fun "Mummy and Me" workout. We all know how important it is to be active and what better way than getting the kids up and moving for a fusion. Suitable for all ages and abilities.

4:30pm - 6:30pm

Care for Hedland Community Garden information Session

Presented by Robyn Todd

Venue: RSL Community Garden



Care for Hedland will surprise you as you learn about the huge variety of veggies you can grow in the Pilbara.

6:30pm - 9:00pm

Patchwork and Quilting

Venue: Hedland Well Women's Centre



Join the P's & Q's for some Patchwork and Quilting. A great opportunity to meet new friends and learn new skills.



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WOW WEEK PROGRAM 2018

Thursday 14th June

08:30am - 09:30am

Breastfeeding Group

Presented by Ann Whitney.

Venue: Hedland Well Women's Centre



Australian
Breastfeeding
Association

Part of our regular program, come along and join Ann from the Australian Breastfeeding Association. Suitable for mother's or soon to be mothers who are looking for some breastfeeding advise.

9:00am - 10:00am

Resume and Career Advice

Presented by Karen Garlett.

Venue: Bloodwood Tree



BLOODWOOD TREE
ASSOCIATION Inc.

Need help with your resume? Unsure what to do in an interview? Not sure what career you want? This is the workshop for you. Learn how to write an amazing resume and nail that job interview.

12:00pm - 1:00pm

Paleo Lunch

Hosted by Nicole Bathurst

Venue: Hedland Well Women's Centre



Come and experience a healthy, grain free, wholefoods menu with great company in a friendly environment.

Bookings essential



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WOW WEEK PROGRAM 2018

Thursday 14th June

1:00pm - 2:00pm

Business Information Session

Presented by Many Rivers and Port Hedland Chamber of Commerce

Venue: Hedland Well Women's Centre.



A must do workshop for those who need information on running and setting up a business. Access all the tools you need through this informative workshop.

3:00pm - 5:00pm

Art Class

Presented by Local Artist David Hooper

Venue: Hedland Well Women's Centre



We all know his work! David Hooper is a well known local artist who has offered his time to give us this master class.

Bookings essential



5:00pm-6:00pm

Small Business Workshop

Presented by Rachel Burford

Venue: Pilbara Business Strategies



Learn how to run a home based business with an overview of business finances and small business compliance. This is a valuable workshop presented by Pilbara Business Strategies.

Men welcome



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WOW WEEK PROGRAM 2018

Friday 15th June

9:00am - 10:00am

Essential Oils Workshop

Presented by Sue Bray

Venue: Hedland Well Women's Centre



Experience these beautiful oils for yourself and enjoy some delicious oil inspired treats. Gain valuable information about how these oils can enhance your life.

There will be a FREE custom made essential oil roller for all who attend.

Bookings essential



11:00am - 12:00pm

Beauty Advisory Workshop

Presented by Maree Dennis

Venue: Hedland Well Women's Centre



This must do workshop will teach you how to prep and prime your skin. Learn flawless foundation application techniques, set your foundation to last and look perfect all day. Also, how to apply a simple bronzed eye shadow look.

Colour matching also available upon request.

Bookings essential



1:00pm - 2:00pm

Make your own Beeswax Wrap

Presented by In The Mix Health Foods

Venue: Hedland Well Women's Centre



Join the In The Mix for tips on healthy cooking, including some of the most popular recipes on their Facebook & Instagram and ways to eliminate plastics at home with Honeybee Wraps.

Bookings essential



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WOW WEEK PROGRAM 2018

Friday 15th June
Sundowner

6:00pm - 8:00pm

Sundowner Event

"Speed Friending"

Wine and Cheese Night

Venue: Hedland Well Women's Centre

Come along for a night of fun as we get to know others in a warm and friendly atmosphere. Get ready for three minutes of curly questions to help you open up and keep you laughing, all while enjoying great company and delicious wine and cheese.

18+
ONLY

Bookings essential



WOW WEEK PROGRAM 2018

Saturday 16th June Forever Youthful Day Retreat

8:50am - 12:00pm

Mini Health Retreat

Venue: Hedland Well Women's Centre

Limited spots available

Forever Youthful Morning Retreat
Movement, Mindfulness and Meditation
Nutritional Tips from the Dietitian
Health Tips from the Nurse
Naturopathic information

Come in comfortable clothes and makeup free.
Please bring a yoga mat or towel.



Bookings essential



WOW WEEK PROGRAM 2018

Sunday 17th June
High Tea

10:00am - 12:00pm

High Tea, sponsored by BHP

Venue: Hedland Well Women's Centre

Limited spots available

Join us for a
Delicious High Tea
to celebrate the end of our fabulous
WOW Week 2018.



Bookings essential



WOW WEEK PROGRAM 2018

We would to thank the following Business's for their support during
WOW Week.

**THE JUNGLE
BODY**
Portside

**MacKillop
Family Services**



Relationships Australia.
WESTERN AUSTRALIA



FORM.
BUILDING A STATE OF CREATIVITY

port
hedland
courthouse
gallery



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WOW WEEK PROGRAM 2018

With Special thanks to the following people for
donating their time

David Hooper, Artist

Serena Marshall, Physiotherapist

Roxanne Dow, Child Mindfulness and Meditation Coach

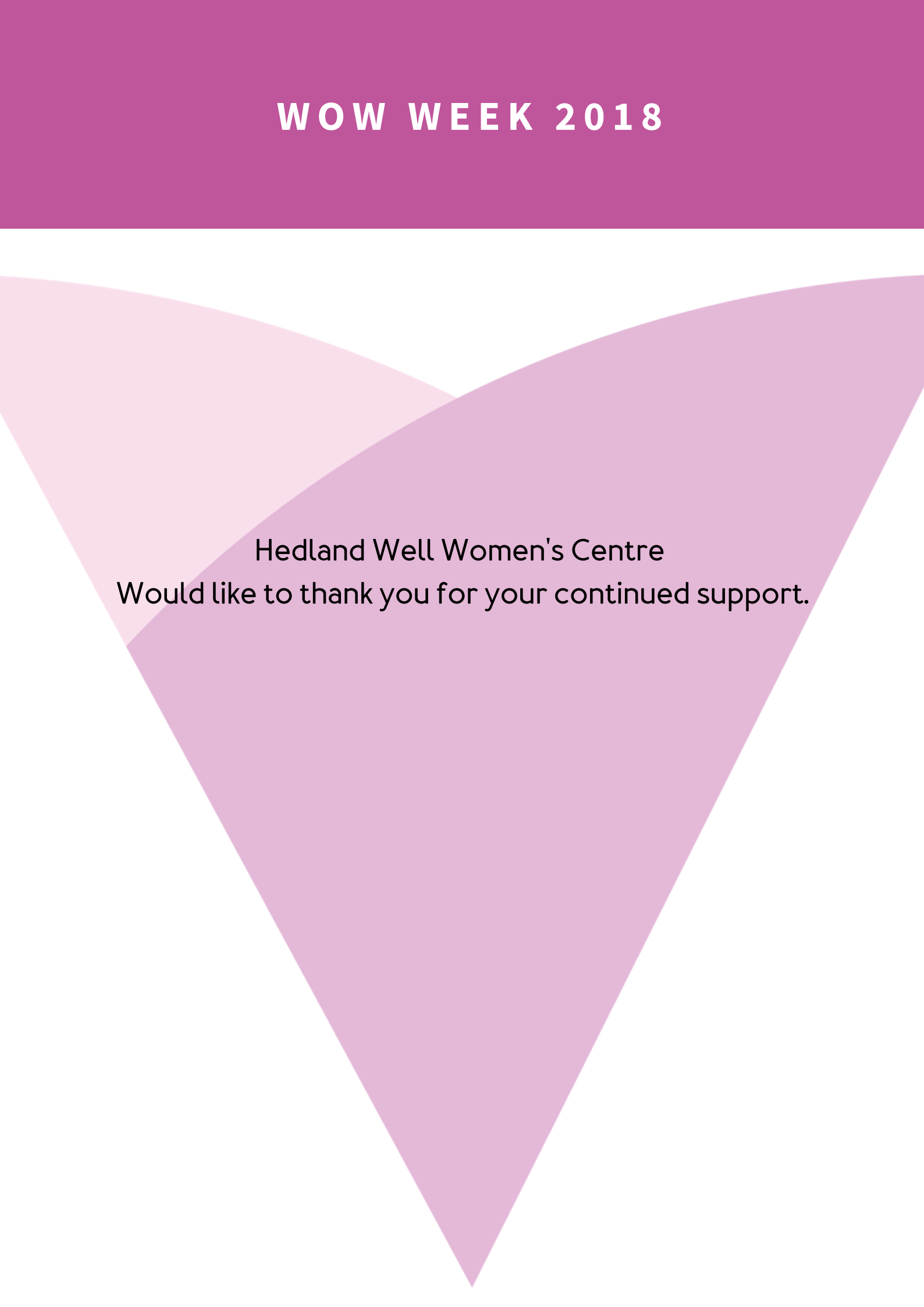
Sally Casson, Fashion Stylist

Patchwork and Quilters Group

Debbie Evans, Crafter

Kelly Howlett, Care for Hedland

WOW WEEK 2018



Hedland Well Women's Centre
Would like to thank you for your continued support.