

**Are you** interested in **health, fitness** and having **fun**?

Like to know more about **healthy eating, easy and effective exercise, women's health** and **stressing less**?

The new

# Well Women's program

Might be what you have been looking for...

**Ladies** you are invited to join a great **new 4 week program** designed just for you!

This program will include **expert guest speakers** talking about:

- Women's Health
- Exercising Safely
- Healthy Eating
- Stress Management

Each session will also include a **fun physical activity** session including **circuit classes** and **Pilates**.

**All this is ABSOLUTELY FREE!!! So why not give it a go?**

The program starts **Wednesday 13th May 6pm-8pm** at the Community Rehab Centre, Swan Hill District Hospital.  
Light refreshments provided

Contact Tegan Carrison for information and bookings.

**Phone** 03 5036 4551

**Email** [tcarrison@shdh.org.au](mailto:tcarrison@shdh.org.au)

**Or drop into** Health Promotion at 73 Beverage St.



**Swan Hill  
District Health**  
*my hospital*