

# Fremantle Women's Health & Wellbeing Day 2016

Keynote speaker  
Jude Blereau  
Wholefood  
Expert & Chef



Nuline Dance  
Zumba Gold  
Mindfulness Meditation  
Yoga / Laughter Yoga  
Creche - with Storytime  
*(Activity places are limited, sign up on the day)*



Information  
Prizes &  
Giveaways

Come & talk to  
Women's Health  
Professionals  
about your health  
& wellbeing



Light  
refreshments  
provided

When Monday 17 October 2016 | 9:30am - 12:30pm

Where Hilton Community Centre (PCYC Building)  
34 Paget St, Hilton  
Limited parking available  
Nearest bus routes Bus no. 160 & 114

**FREE  
EVENT**

RSVP Call Fremantle Women's Health Centre on 9431 0500  
for catering purposes by COB Wednesday 12 October 2016

