



FREE Community Women's Health Promotion Short Course for Maori Women

Begin a journey of discovery and empowerment

Date: Commences Monday 1st August and then every Monday through to November 14th (Break for School Holidays 10th -25th October)

Time: 9.30 am – 2.30pm

Venue: Salvation Army, Bakerfield Place, Manukau

Morning tea and lunch provided

Child care available

For a registration form

Phone 846 7886 ext 0

Email: admin@wons.org.nz

Course Covers:

**Women's Health, Alcohol & Drug Abuse,
Healthy Eating, Smoking Cessation,
Self Esteem, Stress Management, Preparation for an Interview**



*Nursing, Education and
Health Promotion Services*

Strathlachlan Fund

Guardian Trust

