



## **FREE Short Course in Community Women's Health Promotion for Pacific Women**

***Begin a journey of discovery and empowerment***

**Date:** Commences Thursday 4 August and then every Thursday through to 10 November (Break for School Holidays 7 Oct – 25 Oct)

**Time:** 9.00 am – 2.30pm

**Venue:** Otahuhu Town Hall Community Centre  
10 – 16 High Street, Otahuhu

**Morning tea and lunch provided**

**Child care available**

**For a registration form**

**Phone 846 7886 ext 0**

**Email: [admin@wons.org.nz](mailto: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**

