



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

Begin a journey of discovery and empowerment

Date: Commences Monday 16 August and then every Monday through to 29 November (Break for School Holidays 24 Sept – 10 Oct)

Time: 9.00 am – 2.30pm

Venue: Salvation Army, Bakersfield Place, Manukau

Morning tea and lunch provided

Child care available

For a registration form (closes 30 July 2010)

Phone 846 7886 ext 709 Monique Fredatovich

Email: mfredatovich@wons.org.nz

Course Covers:

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



Strathlachlan Fund

Guardian Trust

