

For more information, please call **Irina** on **0449954263**

# Women's Health Week

6 - 10 September 2021



**Online FREE activities for women in September!!!**

**Monday, 06<sup>th</sup>** of September @ **3.30pm to 4.30pm**, **Laughter Yoga** with Kym, Join Zoom Meeting <https://us02web.zoom.us/j/87402265981?pwd=TmsyRUQ4QUIQWmNuSE5PTk4ySnRkUT09>, Meeting ID: 874 0226 5981, Passcode: laughter

**Tuesday, 07<sup>th</sup>** of September @ **10:30 am**, **Healthy Cooking Class** (*Warm roasted vegetable salad*), Join Zoom Meeting, <https://us02web.zoom.us/j/88992404992> , Meeting ID: 889 9240 4992  
The link for the salad (please have a look at the recipe before you join in the zoom meeting;  
<https://www.taste.com.au/recipes/warm-roasted-vegetable-salad/68616857-2ce3-4ad7-9954-a14d4d256787>

**Wednesday 08<sup>th</sup>** of September 2021, **01:30 pm**, Watch **"Still Alice"** movie in your own time and then join us for a discussion about the movie and the issues it raises.

*The movie is available free on SBS on demand.*

Join Zoom Meeting for discussion <https://us02web.zoom.us/j/89091124996>, Meeting ID: 890 9112 4996, Passcode: 337415

**Wednesday 08<sup>th</sup>** of September @ **10am - 11:45 am**. **Women's Job Club Info Session** with Bridge Darebin and Jobs Victoria Advocate, Join Zoom session <https://us02web.zoom.us/j/82862265365?pwd=NWV1Uy9aejMxNm42UlpGZjQ0UVUyZz09>  
Meeting ID: 828 6226 5365, Passcode: Women'sHW

**Thursday 09<sup>th</sup>** of September @ **11:30-12:30pm**, **Chair Yoga**, with Susie, Join Zoom Meeting <https://us02web.zoom.us/j/84095380425?pwd=WkhVDZtOW1NTE5Hak9HZXJiNmpwQT09>  
Meeting ID: 840 9538 0425, Passcode: 802141

**Friday, 10<sup>th</sup>** of September @ 11:00 to 12:00 pm, **ZUMBA class** with Catalina, Join Zoom Meeting, <https://us02web.zoom.us/j/85293555799?pwd=WFFLeTd5ZIRNbXZiSEgxS0V4eHlyQT09>, Meeting ID: 852 9355 5799, Passcode: dance