

40+ Women's Lifestyle Group



**An exciting program of health & wellbeing,
information & social activities.**

Contact: Cherylann MaGee

9345 5335/cherylann@ishar.org.au

Refreshments & Interpreters Provided

Tuesdays

10:30am-12:30pm
Bentley Library
Bentley.

Wednesdays

1pm-3pm
Ishar
21 Sudbury Road,
Mirrabooka.

During school terms only



Multicultural Women's
Health Centre

Inspiring women, families & communities
ishar.org.au