

Logan Women's Health & Wellbeing Centre



Muslim Women and Friends Learning Together About Women's Health



- All Women of all cultural and religious backgrounds are welcome
- Held on the first and third Tuesday of each month, from 9.30am - 12 noon
- Meetings held in a safe, supportive, women only environment
- Guest speakers and discussions
- Have fun and make new friends
- Kindly bring a plate of Halal food to share



CALENDAR OF EVENTS

- 4 September** **The Law and Women**—Legal issues concerning you
- 7 September** **Fashion Parade and BBQ**— Logan Women's Health & Wellbeing Centre
Be dazzled by Siitra Clothing, Medina Fashions, JIIS Designs and more!
- 18 September** **Emergency First Aid**— Being prepared for the unexpected
- 2 October*** ^{TBA} **Using Power Tools**—Become a handy woman
- 16 October** **Creative Arts Workshop**—Tap into your creative side
- 6 November** **Cooking Demonstration**—Bring your favourite ingredients
- 20 November** **Sharing Stories Workshop**—Learn more about yourself and others
- 4 December** **Fitness Session**—Come prepared with your sports clothes



www.mwaf.blogspot.com

All topics are designed to focus on taking care of our wellbeing—physically, mentally and emotionally.

Volunteer opportunities and projects available for you to get involved in.

Join in the fun and see what the 'buzz' is all about!



Located at:
**Logan Women's Health
& Wellbeing Centre**
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