

**Illawarra OWN Wellness Centre
is a project of the
Illawarra Older Women's Network**

Social isolation is a threat to the wellbeing and health of us all and as women tend to live longer than men, they are more likely to become isolated.

Being on a limited income further restricts many people and decreases our ability to lead full and productive lives.

To enjoy healthy senior years our minds and bodies need to be active and we need to do all we can to ensure we foster a willingness to stay well by keeping active.

*A non-for-profit organization
Run for older women, By older women
Classes run during school terms and will
recommence 1st of February 2021*

Through physical activities, Community engagement, social interaction and skill development, OWN encourages older women to live full, positive and supportive lives as we age.

Our philosophy is based on the concept that as we age a lot of our bits don't work as well as they used to.

At Illawarra OWN Wellness we strive to maintain those bits that continue to serve us well by using a holistic approach to achieve good health and wellbeing in mind and body.



**ILLAWARRA OWN
WELLNESS CENTRE
PRESENTS
A WELLNESS AND
WELLBEING
PROGRAM FOR
WOMEN OVER THE
AGE OF 50.**

www/illawarrawellness.au



***You're in good company with
Illawarra OWN Wellness Centre***

**Contact Barbara 0410 304 074
Coniston Community Hall, 24-26 Bridge
Street, Coniston; (adjacent to Coniston
Railway station.)**



Illawarra OWN Wellness Centre

Classes held every Monday, Tuesday and Thursday during school term

Coniston Community Hall, Bridge Street, Coniston. (next to railway station.)

MONDAY

9.00am – 10.00am

Drumming with Lily Gulati

Learn ancient rhythms of Argentina and other countries while improving coordination, having fun and balancing your emotions.

10.15 – 11.15 am

International Dancing with Fiona Clark

A fun activity to exercise your body and brain. Helps to improve balance, coordination and memory.

11.30 – 12.00 Gentle Exercise

with Michele Leeder-Smith

A 30minute class is for those who are able to exercise with the support of a chair. Each class includes mobility to music; dumbbells & bands for strength; finishing with gentle stretching.

12.00 – 1.00 pm

Senior Fitness

with Michele Leeder-Smith

A 60 minute on-your-feet class with low impact cardio exercises to music; dumbbells for strength; stretching for flexibility, complete with a short relaxation at the end.

Workshops and other activities to be advised.

Class Fees

\$7.50 per class

Tuesday Thai Yoga \$10.00

New members joining fee \$15.00 with annual renewal of \$15.

Fully trained instructors for all classes

Coniston Community Hall is adjacent to Coniston Railway Station

TUESDAY

9.30 – 11.00 am

Thai Yoga with Sue Noradechanunt

Enjoy stretches, breathing work and relaxation practices in a women only place. Bring yoga mat and fabric belt or scarf

ZOOM online

Ukulele Lessons with John Maquire

For beginners and experienced players.

THURSDAY.

9 30am -10 30am.

Thai Yoga with Sue Noradechanunt.

Bring yoga mat and fabric belt or scarf

10.45am – 11.45am

Tai Chi with Ivan Fiorini

Learn gentle flowing movements and ways of breathing to improve fitness and create inner calmness.

There are now six Wellness Centres in NSW run by OWN to encourage older women to participate in activities to improve their overall wellbeing and fitness through exercise of both mind and body