

## Free Active Wellbeing Sessions for Ethnic Women



### What is the Women of Colour Project?

ADEC's Women of Colour Project supports women from a CALD background to be happier and healthier through movement, relaxation and connection. The project offers a safe and inclusive space for women of CALD background to:

- Learn about their **health** and **get active** in fun classes such as Yoga
- **Make new friends**, expand their social circle and support network
- Improve their overall **physical, mental and social** wellbeing

### How can I join?

The classes are **FREE** to join and open to **all women from a CALD background**. The classes are available in two locations:

#### Brookfield Sessions

Botanica Springs Children's and  
Community Centre  
249 Clarkes Road, Brookfield 3337  
Every Monday from 10:30am

#### Point Cook Sessions

Saltwater Community Centre  
153 Saltwater Promenade, Point Cook  
Every Thursday from 10:30am

To register please contact Ayak

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[www.adec.org.au/women-of-colour](http://www.adec.org.au/women-of-colour)