



THRIVE - WOMEN'S GROUP

A weekly program designed for women over 30 who face challenges in relation to health and emotional issues that occur in the midlife. Participants will learn from each other as well as from professionals on a range of gender related topics. The session includes an exercise and relaxation component.

PROGRAM PROVIDES:

- A female community where one belongs and feel supported.
- A forum to learn skills on gender specific content enabling one to thrive and feel empowered.
- Yoga or Pilates session.
- Improved self-esteem and confidence.

FACILITATORS

Dr Hannah Lake - Psychiatrist
Maureen Eadie - Psychologist

HOW TO JOIN

If you're interested in attending, you will need to discuss this with your treating doctor who can provide a referral. More information can be provided by the program staff.

PROGRAM DETAILS

City Clinic

Level 1/175 Collins St

Time

Wednesdays 9:30am - 2:30pm

Morning tea and lunch provided

Starts 13th February 2019

HOW MUCH DOES IT COST?

Costs are usually covered by your private health fund. In some circumstances you may incur an out-of-pocket expense. Administration staff can review your private health arrangement and inform you if this is the case.

Registration and further information call 6247 9960 or info@thehobartclinic.com.au

GP referral and private health insurance is required.

