



Women's Health Week

Lithgow City Council, in conjunction with the NSW State Government through Resilience NSW, is hosting a FREE Womens Health Week event. The evening is open to all women in the LGA and the topic of discussion is Self Care in Uncertain Times. There will be a panel of local women with practical advice and real life experiences that might help with your own self care.

In a time that now includes a global pandemic, our own self care as women in this community has never been more important! Come along for a great night of honest discussion, a few laughs and a whole lot of community spirit.

Drinks and refreshments will be included.

Event Details

Wednesday 24th November

6:00pm for a 6:30pm Start

Black Gold Motel, 121 Main Street Wallerawang

(Please be sure to QR check in and provide proof of your Double Vaccination status)

To book your ticket, please go to the below link:

<https://events.ticketbooth.com.au/event/lithgow-city-council-womens-health-week>



For more information, call Kellie Evans on 0429 001 918

