

FREE HEALTH WORKSHOP SERIES

A twelve month initiative
of expert workshops
facilitated and presented by the
Huon Women's Health Collective

Well Women Well Communities



More information and bookings go to
www.huonwomenshealthcollective.com

Follow us on fb and instagram!

2026 workshop dates :

Tools for
Mental Health
Support

Aug 9

Navigating
Perimenopause &
Menopause

Oct 10

Pelvic Care &
Womb Wisdom

Dec 5



This project is supported
by the Huon Valley Council
Community Livability Fund

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