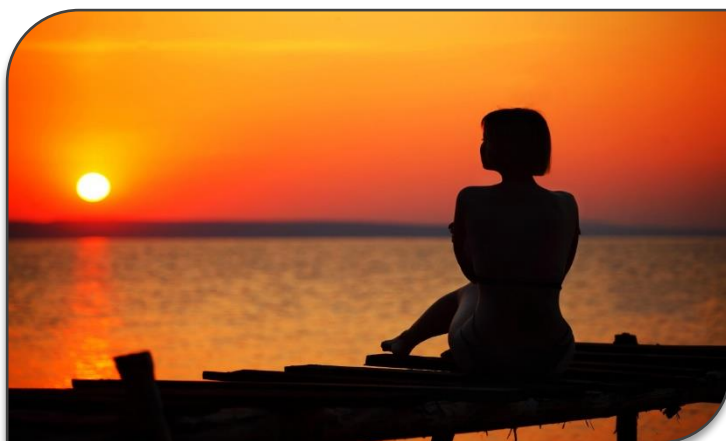




Paynesville Neighbourhood Centre



## 2021 TERM 4 EMPOWERING WOMEN'S COURSE



### COURSE DETAILS

<b>Day(s)</b>	Tuesdays
<b>Start Date</b>	17 <sup>th</sup> August, 2021
<b>End Date</b>	14 <sup>th</sup> December, 2021
<b>Times</b>	9.30am to 1.30pm
<b>Duration:</b>	16 sessions
<b>Cost</b>	\$20 Concession / \$50 Full Fee
<b>Where</b>	The Hub, Bairnsdale 27 Dalmahoy St, Bairnsdale (corner of Service Street)
<b>Other</b>	There are no classes during school and public holidays.

### ABOUT THIS COURSE

This fun course is designed for women who want to explore and discover their potential. It is a fantastic opportunity for women to gain valuable information and guidance in how to become happier, stronger, and more self-confident; plus, helpful strategies for setting realistic goals and developing good health and nutrition habits.

Please note that all our courses are held in supportive, relaxed, and friendly environments.

### WHAT THIS COURSE OFFERS

Students will:

- Explore the art of self-expression,
- Build new strengths and talents,
- Become aware of new possibilities in life, and
- Learn good health and nutrition.

### WHAT YOU NEED TO BRING

- There will be handouts given in class, however, you can bring your own notebook and pen if you wish to take further notes,
- Your lunch: there is a kitchen with a microwave, fridge, sandwich press, coffee, tea, milk, and filtered water,
- Alternative milk if you do not drink dairy milk, and
- A friendly smile and a willingness to have some fun while learning 😊

**Free Childcare**  
*(For Paynesville residents only)*  
Conditions apply

### CONTACT DETAILS

Please call 5156 0214 or send an email to: [info@pnc.vic.edu.au](mailto:info@pnc.vic.edu.au) to register your interest or to find out more information.