

Upcoming *Workshops*

1st & 3rd
Tuesday



Too Hot To Handle

Menopause chat group.
Nutrition, movement, sleep,
natural modalities & much
more.

3rd
Tuesday



Book Club

A different theme every
month. Read whichever book
with the theme you'd like, then
share with the group

Tuesdays
&
Thursdays



Grow Your Own Food

Six week introduction to
organic FOOD gardening &
garden design

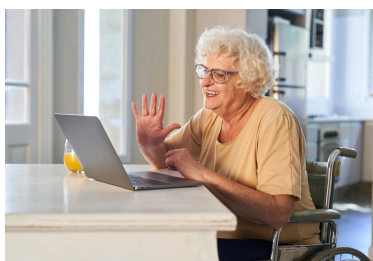
Tuesdays



Hakomi Therapy

Would you like to feel heard?
Seen? Would you like to be in a
space where it is okay to be
YOU without judgement?

Sept
3rd & 10th



Connect with your Long Distance Grandkids

Meaningful ways to connect
with your grandchildren who
live far away. Two part session.



NELSON WOMEN'S CENTRE
TE WHARE ĀWHINA MŌ NGĀ WĀHINE PUAWAI