



# Young Women's Wellbeing Workshops

**Come & learn about Young Women's issues, gain information, and make some new friends. Lets have FUN!**

**What?** Information Sessions & Activities  
**When?** Every Tuesday  
**Time?** 4-6pm  
**Where?** MYSA Centre Shop 9 Millers Arcade  
 28 Hindley St. Adelaide 5000  
**How to join?** Call MYSA on 8212 0085

<b>Dates:</b>	<b>Issue</b>	<b>Activity</b>
1.Tues 3rd Oct.	Service Information	Movies "Material Girls"
2.Tues 10th Oct.	Career Pathways	Party!!! Games & Karaoke!!!!
3.Tues 17th Oct.	Legal Rights	Aerobics and dance with Zest Fitness
4.Tues 24 Oct.	Healthy Relationships	Belly Dancing with Belly Dance Academy
5.Tues 31st Oct.	Hygiene	Belly Dancing with Belly Dance Academy
6.Tues 7th Nov.	Finding a Job	Flamenco Dancing with Studio Flamenco
7.Tues 14th Nov.	Sexual Violence	Manicures and Paint Nails with Tafe SA
8.Tues 21st Nov.	Sexual Health	Hair Demonstrations with Shermans Academy Facials with Maylin
9. Tues 28th Nov.	Nutrition	Indoor Picnic
10.Tues 5th Dec.	Managing your money	Scrap booking

\*Activities may change