

# WOMEN'S HEALTH GROUP

HOLISTIC APPROACHES TO HEALTH

- FOOD
- STRESS  
REDUCTION
- EXERCISE
- MASSAGE
- OVERCOMING  
ADDICTIONS
- VISUALIZATION

DISCUSSION; INFORMATION & EXPERIENCE SHARING

FREE

SIX WEEKS  
7:30 - 10 PM

STARTING *Thursday, Oct 14*

CHILD CARE AVAILABLE  
PREREGISTER AT 736-6696

FACILITATED BY MEMBERS OF THE  
VANCOUVER WOMEN'S HEALTH COLLECTIVE

