

Monday	9.30am - 11.00am	 Elders Group	Benita or Dawn wadjaknorthside@iinet.net.au 9342 0708
	3.00pm - 5.30pm	 GIRLS PROGRAM	Sharon Kenney 9342 0708 sharonkenneywadjaknorthside@iinet.net.au
Tuesday	10.00am - 1.30pm	DARDY YORGAS ART & CRAFT <i>Relationships Australia</i>	Debbie 0458 611 938
	3.00pm - 5.30pm	 BOYS MENTORING <i>Moorditi koorlangkas</i>	Sharon Kenney 9342 0708 wadjaknorthside@iinet.net.au
Wednesday	2.30pm - 3.30pm	 Donations Distribution To Community	Sharon Kenney 9342 0708 wadjaknorthside@iinet.net.au
	3.30pm - 5.00pm	 HOMEWORK CLUB	
THURSDAY	9.30am - 12.30pm	 MUMS & BUBS	Dawn 9342 0708 wadjaknorthside@iinet.net.au
	3.00pm - 5.30pm	 BOYS PROGRAM	Sharon Kenney 9342 0708 wadjaknorthside@iinet.net.au
FRIDAY	10.00 am - 1.00pm	 MENS GROUP	Wadjak Northside 9342 0708 wadjaknorthside@iinet.net.au Please check Wadjak Northside Facebook page for details

SEWB EXPO

**Wadjak Northside is hosting a Social Emotional Wellbeing
Expo Wednesday 24th October 10am—2pm.**

WHAT TO EXPECT?

- Cultural Activities
- Arts & Crafts
- Story Telling
- Music Entertainment
- Lunch Provided

WHO IS IT FOR?

- Families
- Community members
- Service Providers

WHERE IT IS?

Wadjak Northside
2 Finchley Crescent, Balga
Contact Wadjak Northside on 9342 0708
wadjaknorthside@iinet.net.au



Ironbark Program

Falls Prevention Program for
Aboriginal People 45 years +



Registrations Now Open

If you're an Aboriginal person 45 years +

- come meet new people
- enjoy afternoon tea together
- improve your health
- build your balance and strength
- yarn and support each other
- learn and share ideas to prevent falls



Dates to remember

Community launch of program:	Monday 5 November
Ironbark program first session:	Monday 12 November

Where: WADJAK Northside Aboriginal Community Centre
2 Finchley Crescent, Balga (cnr Balga Ave)

When: Mondays 12.30pm – 2.30pm

Please wear comfortable clothing and sturdy shoes to move in.

**For more information contact Jessica Carter and Paula Hume on
9380 7765 or NMHSHealthPromotion@health.wa.gov.au**



HEART HEALTH WALK 2018

WITH

Derbarl Yerrigan Health Service & Wadjak Northside Aboriginal
Community Group

**Kings Park
Vietnam Memorial Pavilion
Thursday 25th October 2018
10AM – 1PM**

RSVP to the Heart Health Team at DYHS or to Wadjak Northside by Thursday 18th October

FEATURING • morning tea • two walks • shared lunch • fun in the sun •

Or visit the events page on walking.heartfoundation.org.au

Proudly supported by



Program sponsor



WADJAK
Northside Aboriginal
Community Group

Fun Fact

Walking is good medicine:
It can help elevate your mood
and enhance mental well-being

WADJAK
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WADJAK WALK & YARN

Join us for our weekly walk around the neighborhood
to promote health and wellbeing.

- Meeting Point: Wadjak Northside (2 Finchley Cr, Balga)
- When: 17th October 2018
- Time: 9.30 am

