



# HOPE SPRINGS

## WOMEN'S GROUP PROGRAM



TERM 1 2023  
EVERY WEDNESDAY  
10.30 A.M TO 12 P.M



**ADDRESS:**

105 EDWIN ST,  
HEIDELBERG HEIGHTS,  
VIC 3081

**PHONE:**

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**EMAIL:**

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**WEBSITE:**

HTTPS://BANYULEUC.ORG.  
AU/CONNECTING-WITH-  
COMMUNITY/HOPE-  
SPRINGS/

**FACEBOOK:**

HTTPS://WWW.FACEBOOK.COM/PEOPLE/HOPE-SPRINGS-WOMENS-GROUP/100086537787966/

**INSTAGRAM: @HOPESPRINGSWOMEN**

IF YOU WOULD LIKE A TEXT REMINDER EACH WEEK, KINDLY LET US KNOW :)

ALL WOMEN ARE WELCOME.  
NO COST, NO REFERRAL REQUIRED.  
VOLUNTARY CONTRIBUTION WELCOME.



Date	Activity
25th January	Drop In/ Barbeque
1st February	Chair Yoga and Smoothie Bowls
8th February	Games Day
15th February	Meditation and Mandalas
22nd February	Pancake making
1st March	Tie Dye Day
8th March	International Women's Day
15th March	Jewellery Making
22nd March	Mystery Music Event
29th March	Walk to a cafe/ Op-shopping
5th April	Easter Celebrations

