



HOPE SPRINGS

WOMEN'S GROUP PROGRAM



TERM 3 2024
EVERY WEDNESDAY
10.30 A.M TO 12 P.M

ADDRESS:

105 EDWIN ST,
HEIDELBERG HEIGHTS,
VIC 3081



PHONE:

94598859/0491064191

EMAIL:

WOMEN.HOPESPRINGS@BANYULEUC.ORG.AU

WEBSITE:

[HTTPS://BANYULEUC.ORG.
AU/CONNECTING-WITH-
COMMUNITY/HOPE-
SPRINGS/](https://banyuleuc.org.au/connecting-with-community/hope-springs/)

FACEBOOK:

[HTTPS://WWW.FACEBOOK.COM/PEOPLE/HO
PE-SPRINGS-WOMENS-
GROUP/100086537787966/](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.

WE ACKNOWLEDGE THE TRADITIONAL CUSTODIANSHIP OF THE WURUNDJERI
AND THE LAW OF THE COUNTRY ON WHICH WE LIVE. WE PAY OUR
RESPECTS TO THOSE WHO HAVE CARED AND CONTINUE TO CARE FOR
COUNTRY.



Date	Activity
17th July	Games Day
24th July	Chair Yoga
31st July	Friendship day
7th Aug	Music games and requests
14th Aug	Mystery Activity
21st Aug	Paint by numbers
28th Aug	A Walk to the Cafe
4th Sep	Women's Health Week
11th Sep	'R U OK?'
18th Sep	Movie Day