



# New Year Resolutions

## Thursdays

Feb 4th - Quitting Smoking  
Feb 11th - Organisation  
Feb 18th - Losing Weight  
Feb 25th - Meeting New People

Time: 9.30-11.30am

Cost: Free of charge

Where: GWHS

Presented by Kirsty

## **Gosnells Women's Health Service**

Suite 7, Level 1  
Gosnells Community Lotteries House  
(entrance is opposite Australia Post entrance)  
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GOSNELLS WA 6990

Email: [info@gwhs.com.au](mailto:info@gwhs.com.au)  
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Phone: 9490 2258  
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Opening Hours  
Mon - Fri 9.00am - 4.30pm  
Closed 12.30pm - 1.30pm



How many times have we made resolutions when another new year comes around, only to break them a few days later? This year, do not wait for January to swing around again, make your goals and achieve them now!

GWHS is presenting four workshops to talk about some of the popular resolutions we make and break and the steps to success that can help you reach your goals.

- **Quitting Smoking** - February 4th
- **Being more organised** - February 11th
- **Losing weight** - February 18th
- **Meeting new people** - February 25th

You can come to just one, a few or all of the sessions depending on what suits you.

*To book your place, please ring*  
**9490 2258**



Another great way to **Act-Belong-Commit** and stay mentally healthy!

GWHS is accessible and inclusive. For any specific requirements please contact our Administration Officer to discuss.