



Windermere[®]

*everyone is someone
in our community*

City of Greater Dandenong Afghan Women Support Group



Aims of group:

- Healthy eating and health promotion
- Improve nutrition knowledge
- Improve cooking skills
- Sharing recipes
- Better understanding of link nutrition and health
- Social inclusion
- Information session - Ways of living in Australia, parenting, nutrition, etc.

For: All women from Afghan background

Sessions: ***Every Wednesday***
(Except school holidays)

Times: 1.00pm to 4.00pm

Venue: 7 Wilson Street,
Dandenong

Cost: **FREE**

To book or Please contact

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