



FREE & FUN

WOMEN'S HEALTH PROGRAM

WELCOME

chào mừng

ကြိုဆိုပါတယ်

स्वागतम्

欢迎

أهلاً وسهلاً



10 WEEK
health program



LEARN about your
HEALTH and **WELLBEING**



Form **NEW** friendship and
CONNECT with old ones



Get physically
ACTIVE



Open to **ALL**
ADULT WOMEN

Daughters of the West runs in locations across our Bulldogs Heartland and beyond. For more information, please email foundation@westernbulldogs.com.au

The Daughters of the West program will run in accordance with government COVID-19 restrictions, which may include small group sizes or online options.

STARTING IN BALLARAT

Starting Wednesday mornings from July 13 in Wendouree
Starting Wednesday evenings from July 13 in Sebastopol

Daughters of the West is an inclusive and diverse program. People who are culturally diverse, Aboriginal and/or Torres-Strait Islander or identify as a woman are encouraged to attend.

