

Wisdom Project Australia

Adventure Within

Free 8 week group

Are you a woman over 60, an adventurer and keen to look at the next stage in your life in a new light? Would you like to meet with friends or some like-minded people?

This 8-week discussion program will help you redefine ageing and retirement into something more connected, more fun, more joyful.



Where: Fremantle Women's Health Centre
114 South St, Fremantle
Public transport or off street parking available

Time: Mondays 10am – 12.30pm

When: 8 Weeks, starting Monday 13th February, 2023

Places are limited. To register

- Call **Gail** 0417 096 407 or **Joanne** 0417 955 688
- or email us at wisdomprojectaustralia@iinet.net.au to register and for further information.

Previous participants say: "Great course! A great chance to reflect on life to date before setting out on the next phase. Well organised in a no-pressure, friendly environment." (Monica)

Sharing with respect and without fear some hidden and even forgotten episodes of our lives was a good window to contemplate and analyse my own with a different perspective. Very interesting indeed!
(Yvonne)



Sponsored by City of Fremantle and Auspiced by Fremantle Women's Health Centre.

If this group time doesn't suit and you can get 6-10 people (men and/or women) together, we are happy to discuss running a program at your venue in 2023.