



Community
FOUNDATION



MAJOR PARTNER

DAUGHTERS OF THE WEST

WELCOME

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FREE PROGRAM

DAUGHTERS OF THE WEST IS BACK!

FREE and FUN women's health program starting in mid July 2021

10 WEEK health program for **WOMEN**

LEARN more about your **HEALTH** in a safe, inclusive space

CONNECT with new and old **FRIENDS**

Try new, **FUN** types of **PHYSICAL ACTIVITY**

You can choose to participate online via Zoom or in person.

Register now: westernbulldogs.com.au/daughters2021

For more information please email foundation@westernbulldogs.com.au, phone 03 9680 6355

The Daughters of the West 2021 program will run in accordance with government COVID-19 restrictions, which may include small group sizes or online options.

Please note, all attendees MUST register and have a ticket to attend. Places fill quickly so register now!

DAUGHTERS OF THE WEST WILL RUN IN

Fraser Rise

Starting Tuesday evenings from 13 July

Botanica Springs

Starting Wednesday mornings from 14 July

The 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.