

## WISHIN WOMEN'S WELL BEING PROGRAM ATTENDANCE

Date	Number of Women	Activities
10/7/14	5	Creative arts/lunch
31/7/14	6	Creative arts/lunch
28/8/14	13	Creative arts/lunch
30/10/14	10	Creative arts/lunch
7/11/14	8	Creative arts/lunch
12/2/15	7	Mindfulness practices /lunch
26/2/15	6	Creative arts Lunch Gentle-paced yoga & relaxation
10/3/15	12	Reflexology Lunch Watercolour painting
19/3/15	6	Silk scarf dyeing Lunch
26/3/15	9	Felted autumn theme candle mat Wet-felting Lunch
9/4/15	8	Creative arts Lunch Gentle-paced yoga & relaxation
23/4/15	7	Wet-felting jewellery Lunch
7/5/15	7	Mindfulness practices Lunch
28/5/15	7	Creative arts Lunch Henna Body art
11/6/15	6	Mindfulness Lunch
25/6/15	8	Creative arts Lunch Gentle-paced yoga & relaxation
9/7/15	6	Creative arts- making Dream Catchers Chi Ball gentle exercise and relaxation session Lunch
23/7/15	9	Guided meditation Lunch Creative arts- making leather pocket medicine bags
6/8/15	16	Percussion and sound healing session Gentle-paced yoga & relaxation Lunch