

# LADYPAUSE NETWORK



<http://www.yourthyroidandyou.org/ladypause>  
& <http://www.ladypausegroupinfo.org>

## PRESENTS

**Free Health & Lifestyle Seminars**

*For*

***Women Wise in Middle Years***

*A Forum for Women in Mid Life*

Every Third Monday  
10.00 AM - 12:00 NOON

**Venue:**

**Community Meeting Room Ground Floor  
Brisbane Square Library  
266 George Street Brisbane**

**Monday 15<sup>th</sup> August 2016**

**Celebrating Seniors Week  
from August 13 -21 2016**

**Due to Speaker having to cancel**

We have arranged to bring forward our Seniors luncheon at **Georges Paragon** holding it on Monday 15<sup>th</sup> to celebrate Senior's Week.

Seat numbers are limited so if you would like to join us

Please contact us via email no later than **5pm Friday 12th August 2016** to reserve your seat.

  
Gold coin donation



  
Tea and coffee provided

**Seminar Inquiries Contact Jacqui**

**Email: [jacqui@ladypausegroupinfo.org](mailto:jacqui@ladypausegroupinfo.org) or Phone Mobile: 0400 300 790**



**Seminars Organized by Ladypause Network**

