



Getting More Out of Life

An activity based workshop with a Q & A Session
Making the most of your money and planning for the future

MIDLAS in partnership with Midland Women's Health Care Place are running **FREE** workshops for women.

Wednesday 18th February: 1:00 - 2.30pm

or

Tuesday 31st March: 1:00 - 2.30pm

Topics covered at both workshops will be:

Making the Most of Your Money

- Spending brainstorm and leaks
- Make more from your money
 - Knowing your money
 - Energy saving tips

Planning for the Future

- Budgeting, income and expenses
- Savings and savings goals

Held at Midland Women's Health Care Place
4 The Avenue, Midland

There will be the opportunity to be booked in for priority appointments at MIDLAS if you require further assistance

To register please call MWHCP 9250 2221 or email info@mwhcp.org.au by 11th of February