



AUSTRALIAN WAR WIDOWS

NSW LTD

MOTTO

"We all belong to each other. We all need each other. It is in serving each other and in sacrificing for our common good that we are finding our true life."

- King George VI, 1941

ABOUT

Established in 1946, the Australian War Widows, NSW (AWW) is an inclusive non-for-profit organisation whose focus is to promote and protect the interests of women and families united by Defence Service. With a recently expanded constitution, the AWW is now supporting all members of the veteran community including veterans, spouses/ partners parents, grandparents, children and siblings of veterans.

CONTACT

T. 02 9267 6577 or 1800 451 615
(Country members)
guild@warwidowsnsw.com.au
www.warwidowsnsw.com.au
Level 1, Suite 1. 9 Help Street,
Chatswood NSW 2067

DIGITAL HEALTH AND WELLBEING PROGRAMS

Chair Yoga

Yoga is an ancient practice that cultivates health and wellbeing (physical, emotional, mental, and social) through a range of techniques, including postures, movement, breath awareness and exercises, relaxation and concentration.

Chair Yoga is a modified form of traditional yoga. It is suitable for people with limited mobility, lack of flexibility, painful joints or those recovering from injury or illness.

The benefits of Yoga (including modified forms) are:

- improved balance
- increased flexibility
- improved stamina
- improved movement
- improved blood pressure
- reduced anxiety; and
- improved sleep.

How to register

Registering is easy, simply get in touch with us and ask to be put on the list for the classes. You can choose to register for one class or as many classes as you like. We will send you a participant information pack and you are all set.

Class Information

Classes run every **Tuesday** from **12.30pm to 1.30pm**. At the start of every class, it is important that you let the instructor know if you are suffering from an health conditions or disabilities.

What you need

These classes are run online. To access the class, you will need access to a computer, tablet, or smart phone and the internet. If you do not have one of these, yourself see if you can borrow one from a family member, friend, or neighbour.

You will also need:

- a sturdy chair; and
- a bottle of water





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Singing

Singing is something that many love to do but often feel self-conscious about. Have you ever wanted to learn how to sing and gain confidence in your beautiful voice? Do you want to get to know other members but are not sure how to do so? Perhaps give our singing classes a go.

Music is a wonderful form of self-expression, it helps us process emotions, improves our mood and enhances overall wellbeing. The benefits of singing include:

- stress relief
- stimulating the immune system
- increased pain threshold
- improved emotional regulation
- improved lung function
- enhanced memory
- development of a sense of belonging and connection with others; and
- assistance in managing strong emotions like grief.

How to register

Registering is easy, simply get in touch with us and ask to be put on the list for the classes. You can choose to register for one class or as many classes as you like. We will send you a participant information pack and you are all set.

Class Information

Classes run every **Wednesday** from **10.00am to 11.00am**. At the start of every class, it is important that you let the instructor know if you are suffering from an health conditions or disabilities.

What you need

These classes are run online. To access the class, you will need access to a computer, tablet, or smart phone and the internet. If you do not have one of these, yourself see if you can borrow one from a family member, friend, or neighbour.

You will also need a bottle of water.





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Dancing

Dancing involves the movement of the body rhythmically. Dancing is used to express an idea or emotion, release energy, or simply to experience the joy of movement.

Modified or seated dance is suitable for people with limited mobility, lack of flexibility, painful joints or those recovering from injury or illness.

The benefits of movement through dance are:

- improved heart and lung function
- increased muscular endurance and motor fitness
- increased aerobic fitness
- improved muscle tone and strength.
- improved bone strength
- improved coordination, agility and flexibility; and
- enhanced wellbeing.

How to register

Registering is easy, simply get in touch with us and ask to be put on the list for the classes. You can choose to register for one class or as many classes as you like. We will send you a participant information pack and you are all set.

Class Information

Classes run every **Friday** (excluding public holidays) from **10.00am to 11.00am**. At the start of every class, it is important that you let the instructor know if you are suffering from an health conditions or disabilities.

What you need

These classes are run online. To access the class, you will need access to a computer, tablet, or smart phone and the internet. If you do not have one of these, yourself see if you can borrow one from a family member, friend, or neighbour.

You will also need:

- a sturdy chair
- space around you to move; and
- a bottle of water.

