

Women Living Well @ The Lights

Women Living Well @ The Lights is a series of FREE workshops aimed at building wellbeing by creating opportunities to connect, learn, be active, take notice, give back, eat well and sleep well.

Please note: Numbers are limited so please register to secure your spot.

To register for workshops: thelights@cityofpae.sa.gov.au or 8405 6670

All sessions are held in a relaxed and friendly environment. Programs may be subject to change.

When	15 October – 10 December
Time	10am – 12pm
Where	The Lights Community & Sports Centre 244–270 East Parkway, Lightsview

Women Living Well @ The Lights



Health & Wellbeing Program 2026

15 OCTOBER – 10 DECEMBER



Feel Better Everyday

Discover simple ways to feel calmer, healthier and more in control

Join us for a welcoming 4 week wellbeing program where you'll learn practical everyday techniques to help reduce stress, move more comfortably and build healthy habits that last. Led by Matt from Ironmind, each relaxed session offers simple tools you can use straight away to support your health and wellbeing. No specific fitness levels or experience required, just come along as you are.

Date	15 OCT	10am – 12pm
Date	22 OCT	10am – 12pm
Date	29 OCT	10am – 12pm
Date	5 NOV	10am – 12pm

What's Next?

Exploring wellbeing, purpose and possibility

What might your next chapter look and feel like? Whether retirement is on your horizon, you're already navigating it or simply wondering "what's next for me", this relaxed and playful session invites women to pause, reflect and explore. Together, we'll consider what living well means to you, what brings you joy and how having more choice about how to spend your time and energy opens up new opportunities. Expect gentle reflection, good conversation, curiosity and few "I hadn't thought of that!" moments along the way.

Date	12 NOV	10am – 12pm



Community Swap

Community led – one persons unwanted treasures is another persons find!

Bring up to 7 good quality items - books, clothes, knick-knacks, homeware or other treasures and swap them for something that catches your eye! 10–10.30am set up, 10.30–12pm let the swap begin! Declutter a little and discover something new.

Date	19 NOV	10am – 12pm



Bank Safety & Manage Money

Feel more confident and in control when banking and managing your money online. This friendly snapshot shares a few simple tips and practical ways to stay safe, spot the warning signs and navigate the digital world with confidence. No tech expertise required.

Date	26 NOV	10am – 12pm



Conversation Corner

Games & Giggles

Games & Giggles is a welcoming, community-led social session filled with fun, laughter, and friendly games. Part of the Living Well @ The Lights program, it's a great way to connect, unwind, and enjoy good company.

Date	3 DEC	10am – 12pm



Lets Celebrate!

@Greenacres Community Garden, 12 Swan Street Greenacres 5086

Come along for a relaxed end of term celebration in Greenacres Community Garden! Enjoy good company, a cuppa and a chance to share some festive cheer with friends, old and new. Hosted by Henryka from Greenacres Community Garden. Please feel free to bring a plate to share. A gold coin donation is appreciated.

Date	10 DEC	10am – 12pm