

# Women of Warren Shire

## Jenny Quigley

Jenny Quigley is a passionate advocate for community health and connection, serving as a dental nurse, yoga teacher, fitness instructor, Public Arts Committee member and dedicated volunteer in Warren.



*Known for her infectious energy and dedication to health, fitness and community, Jenny Quigley is a true champion of Warren. A smiling face at the Warren Dental Surgery, Jenny also teaches yoga and leads community fitness classes, helping others prioritise their well-being. She has also been instrumental in driving local initiatives, from revitalising the tennis courts to spearheading the Warren Healthy Town Challenge and serving as an active member of the Warren Public Arts Committee. Her passion for creating a healthier, more connected community makes her a standout leader and a deserving feature for "Women of Warren."*

### **Quickfire questions...**

**1. A usual morning looks like...**

Nothing exciting! Very routine Monday to Friday, leaving home at 7.30am for work at the Warren Dental Surgery.

**2. I'm most proud of...**

Definitely my family - my husband Milton and three gorgeous daughters Laura, Georgie and Annabelle. I'm incredibly proud of their personal achievements, contributions and assistance to others and their communities.

**3. On the weekend, you can find me...**

On Saturday mornings, you'll find me "on the mat" teaching yoga. I also love supporting the Warren Pumarettes and Pumas during rugby season. Sundays are usually reserved for a relaxing home day.

**4. A quote or piece of advice I live by is...**

I have many! My favourite ones are:

- "A smile speaks all languages."
- "Age is but a number."

# Women of Warren Shire

## Jenny Quigley

Jenny Quigley is a passionate advocate for community health and connection, serving as a dental nurse, yoga teacher, fitness instructor, Public Arts Committee member and dedicated volunteer in Warren.



- "Be exclamation marks, not question marks!" – This means stand tall and be confident. My yoga and exercise groups know this saying well!

### **5. How long have you lived in Warren Shire? What do you love most about living here?**

I moved here 36 years ago from Moree when I was transferred in the Police Force. I am not sure when I can call myself a local!

I love the sense of community, friendships and the fabulous facilities available. We are so lucky to have what we have in our small town, from the best IGA, where I spend a fair bit of time talking and shopping, to great tennis courts, sporting ovals and now the Warren Museum and Art Gallery.

### **6. Tell us about some of your favourite places to visit in the Shire.**

Victoria Oval is my absolute favorite spot - it includes the Sporting and Cultural Centre where I teach yoga and exercise, the tennis courts, the outdoor gym, and I can enjoy the sculptures along the riverbank or around the oval.

### ***Some more about you...***

#### **You're well known for your involvement in the community, what initiatives have you been part of and what inspires you to serve your local community?**

I've been actively involved in the Warren & District Tennis Club for years and have seen the transformation of the courts from bitumen and dirt to artificial grass, thanks to years of fundraising. We also still have "I love Warren" T-shirts from that campaign.

I've also been part of the Warren & District Arts Council, which helped bring the cockatoo sculptures along the riverbank and the sporting figures around Victoria Oval to life.

Another project I'm proud of is the Warren Healthy Town Challenge. While we didn't win, we were runners-up, and the prize went toward the outdoor gym - where no membership is required!

# Women of Warren Shire

## Jenny Quigley

Jenny Quigley is a passionate advocate for community health and connection, serving as a dental nurse, yoga teacher, fitness instructor, Public Arts Committee member and dedicated volunteer in Warren.



I also run a weekly Community Exercise Class on Tuesday mornings at the Sporting and Cultural Centre. It's wonderful to see everyone laugh and exercise together - laughter really is the best medicine!

I believe if you have the opportunity to help out in your community, then you should. After all, you get back as much as what you give. I also think it is important for your children to see you contributing in any way you can.

### **What's a hobby or activity you wish you had more time for?**

I would love to have more time to be creative or artistic...one day!!

### **Finally, what piece of advice would you give to other women living in rural communities?**

Become involved, and smile and say hello; you never know where it may lead you.