

“The key to your true health and well-being as a woman rests in you living in honour of what you have always known within.”

It's simply a matter of making the choice to re-connect to this.

Well-being for Women is presenting a series of interactive workshops in 2017.

This series of workshops will offer a space for each woman to explore what it means to truly support herself in life.

The key to true support lies in re-connecting to the innate wisdom that lives within us all equally so.

Through this connection emerges our ability to restore a level of vitality, well-being, and zest for life that many of us struggle to feel, amidst the demands, pressures and expectations of daily life.

These interactive presentations/workshops will offer a wealth of insight, inspiration and practical take-home tools for you to embrace into your own life.

Join us in May, August and November this year as we explore the following topics:

What is it to be a Woman Today?	Sunday 7th May
Women in Relationships	Sunday 13th August
Health from Within	Sunday 5th November

TIME

10.30am – 1.00pm

Registration from 10.15am

2017 DATES

Sunday 7th May

Sunday 13th August

Sunday 5th November

WHERE

Woollahra Library
(Event Space B)

Level 1, 451 New South
Head Road, Double Bay

PARKING

There are many options locally - the closest to the venue is 1 Kiaora Road, additional options are listed on the Woollahra Council website

INVESTMENT \$30 per event

BOOKINGS

www.esotericwomenshealth.com/events

MORE INFO

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