

Well-being for WOMEN

— MELBOURNE —



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What does health & wellbeing mean for women in 2019?

Presented by

**Bianca Barban, Sara Harris
& Cynthia Hickman**

When

**Sunday Mornings
10am – 12.30pm**

Registration from 9.30am

2019 Dates

Aug 25

Oct 27

Where

Hawthorn

Investment **\$15**

Concession **\$10**

www.esotericwomenshealth.com

Well-Being for Women presentations offer women the opportunity to come together in a safe space and share the commonality of our lived experiences. No matter how different our lives may look, we are all the same and we are all experiencing the challenges, stresses and worries that life presents amidst the pressures and expectations of our day-to-day lives.

Throughout the presentations, tools for creating greater clarity and understanding in life will be on offer as we explore ways to re-connect to the innate wisdom that lives within all women and how this inner authority can offer true support in this modern age.

There will be 3 presentations/workshops throughout the year where women of all ages and backgrounds are invited to attend to:

- Experience the openness and support of shared discussions on a variety of topics such as stress, anxiety, self-care, exhaustion, women and relationships.



Bookings

To book visit

www.esotericwomenshealth.com/events



For more information email

melbourne@esotericwomenshealth.com

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