

# Wellbeing for WOMEN

— P E R T H —



“These presentations offer a wealth of insight, inspiration and practical take-home tools for you to embrace in your own life.”



Well-being for Women presentations offer a space for each woman to explore what it means to truly support herself in life.

The key to this lies in re-connecting to the innate wisdom that lives within all women equally.

Through this connection emerges the 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.

Women of all ages and backgrounds are invited to these presentations to:

- **Explore** the relationship we have with our body and how this is key to connecting to our innate wisdom
- **Experience** the power of shared discussions on a wide variety of topics including exhaustion, stress, sleep, food, self-care, periods, menopause and more
- **Connect** with one another and be inspired by each other.

## Stay connected...

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- facebook.com/esotericwomenshealth
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## When

**Sunday afternoons**  
**2.45pm - 4.15pm**

Registration from 2.30pm

## 2019 Dates

**Mar 24**

**Sep 15**

**May 26**

**Oct 13**

**Jul 21**

**Nov 17**

## Where

**Mt Claremont  
Community Centre**

Hakea Room, Montgomery Rd,  
Mt Claremont

Parking directly in front of the venue

**Investment \$10**  
**Concession \$5**

[www.esotericwomenshealth.com](http://www.esotericwomenshealth.com)



## Bookings

To book visit

[www.esotericwomenshealth.com/events](http://www.esotericwomenshealth.com/events)



For more information email

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