

International Women's Day – The Future of Women's Wellbeing



When: Tuesday 8 March 2022

Where: 32 Henry Street, Hawthorn

Booking: Trybooking to secure a place for each event

Contact: 9819 5758, info@hch.org.au, hch.org.au

Outline:

Set aside time for yourself on this International Women's Day. We often overlook ourselves, especially when the to-do lists are long and our inner resources are feeling depleted. Give yourself a gift on Tuesday 8 March, where you can rejuvenate, remember, reset, restore and reignite. Hawthorn Community House provides a day filled with nurturing activities, talks and a film screening.

Program:

Morning Tai Chi in the Park

Come try Tai Chi, a holistic practice for health and wellbeing, with a series of gentle and graceful movements designed to exercise the body and clear the mind. Our tutor, Chris, has many years of experience teaching at the Celestial Tai Chi College. (Weather permitting, otherwise inside).

Time: 9am-10am

Booking: <https://www.trybooking.com/BXRSB>

Cost: Free

Movie Screening and Conversation: Giving Voice to Menopause

From She Listens, a collaboration by Libby Chow, Vanessa Chapple and Sarah Miller comes this very important film, threading diverse stories of women's experiences with menopause, cycles and connection. This short film was created to engage people in discussion, story sharing, and reflection on and around menopause. We hope you will join us for the film screening and then listen and share your experiences over a cup of tea. The film makers will also be available for a short Q & A and have available some health and wellbeing resources on menopause.

Time: 10.30am-12.30pm

Booking: <https://www.trybooking.com/BUZET>

Cost: Free

Talk: Alcohol and Breast Cancer –Why don't we know more?

An inspiring story about one woman's journey through breast cancer, the impact of alcohol and how this shaped her going forward. Presented by Kathryn Elliott, founder of My Breast Friend, a collection of luxurious body products to promote awareness and support for breast cancer. Kath talks about Aussie binge drinking culture, breast cancer awareness, and her incredible journey to a bigger life! Kath works as an Alcohol Mindset Coach based in Melbourne and has been living alcohol-free since 1 July, 2019. Kath is passionate about building awareness around the deeper human connection you can achieve through sharing your experience of illness and trauma and choosing to remain alcohol-free during this period was a catalyst to further healing and growth.

Time: 1pm-2pm

Booking: <https://www.trybooking.com/BXRED>

Cost: Free

Afternoon Meditation

Find a more fulfilling and stress-free life through meditation. This class is about finding stillness, making connections and providing you with an opportunity to explore how meditation can transform your day in a meaningful and tangible way. This 45 min session facilitates a slow discovery about meditation practice and perhaps yourself too.

Time: 2.15pm-3pm

Booking: <https://www.trybooking.com/BUZEY>

Cost: free

Gentle Pilates

As women we often prioritise others and this is a chance to put your health and wellbeing first. Pilates is a gateway into better flexibility, core strength, improved posture and increased energy levels. Join experienced tutor Donna in this 'come and try' session of Gentle Pilates.

Time: 4pm-5pm

Booking: <https://www.trybooking.com/BXRSO>

Cost: Free

Floral Arrangement

The biggest reason we give flowers as gifts is to connect with emotions. Whether its love, joy, affection, appreciation, romance or apologies; flower-giving communicates the deepest feelings in the most elegant manner. Take this opportunity to create your own bouquet to give to yourself. Join Kelli from the Petal Provedore in this hands-on floral arranging class.

Time: 6.30pm-8.00pm

Booking: <https://www.trybooking.com/BXRSY>

Cost: \$30