



# International Women's Day

You are invited to a FREE event for International Women's day proudly hosted by the Her Centre and exclusive guest speakers. The day is designed to inspire women to connect and learn about:

## Women's Wellbeing



### Activities include:

- Hear top speakers from the Council & Voluntary Sector
- Meet Health Professionals
- Mental Health Awareness Session
- Activities & Stall
- Refreshments will be provided

### Tai Chi Taster Session & Head & Shoulder Massages

**Date:** 8th March 2022 at 12pm - 3pm

**Location:** Clockhouse Community Centre, SE18 5QL

**Contact:** For more information, contact Julia on; 020 3260 7715 or Julia@hercentre.org



# International Women's Day

You are invited to a FREE event for International Women's day proudly hosted by the Her Centre and exclusive guest speakers. The day is designed to inspire women to connect and learn about:

## Women's Wellbeing



### Activities include:

- Hear top speakers from the Council & Voluntary Sector
- Meet Health Professionals
- Mental Health Awareness Session
- Activities & Stall
- Refreshments will be provided

### Tai Chi Taster Session & Head & Shoulder Massages

**Date:** 8th March 2022 at 12pm - 3pm

**Location:** Clockhouse Community Centre, SE18 5QL

**Contact:** For more information, contact Julia on; 020 3260 7715 or Julia@hercentre.org

