

FREE WOMEN'S FORUM



'Strong Women Staying Vibrant'

A forum showcasing what's available for older women in the Blue Mountains.

JOIN US!

All welcome!
Saturday 11th February
Wentworth Falls
School Of Arts
10:00am - 4:00pm
Lunch included.

Presented by the Older Women's Network Blue Mountains for the NSW Seniors Festival

Proudly sponsored by:

Community Bank
Katoomba & Upper Blue Mountains

 Bendigo Bank



'Strong Women Staying Vibrant'

FREE WOMEN'S FORUM

A full day of interaction and interests for women starting with morning tea, offering an opportunity to mingle with other like-minded women, whilst spending time collecting brochures from our information stalls.

Speakers and topics for the forum are varied and will include:

- Health and Wellness
- Financial management
- Cyber Security
- The Blue Mountains Edible Trail founder with a hands-on display of how to grow and prepare with herbs
- Stories from women living in our local community
- A variety of movement classes including Tai Chi
- The endless possibilities of what we can do if we are involved in our local Women's Shed
- All this and more...

OWN BM is a branch of OWN NSW - supporting the rights, dignity & wellbeing of Older Women.



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