



supporting recovery from  
mental illness

# Women's Day by the Bay

Tuesday 2nd March



WOMEN OF THE WEST ARE INVITED TO...

# Women's Day by the Bay

**When** Tuesday 2nd March 2010

**Where** **Amaroo**, 97-99 Osborne Street, Williamstown

**Time** 11:00am – 3:00pm

**Info** Contact Amaroo for further information  
T: 9397 2709 E: [amaroo@mindaustralia.org.au](mailto:amaroo@mindaustralia.org.au)

**Includes** 'Get It Off Your Chest' Art Exhibition, as well as live performances by Vardos, Jungle, Jewel from Jewel Bellydance and Barefoot Five.

## A festival that's for and about women to celebrate International Women's Day!

So join us for an exciting day of art, live performances, and guest speakers. Try one of the free workshops including Qi Gong, Meditation, Women's Wellness and Women's Football Skills. Take time out with free complementary therapies including Kinesiology, Massage and Reflexology and of course enjoy the amazing food!

*Mind gratefully acknowledges the support of:*

Australian Community Support Organisation

Doutta Galla Community Health

Mental Illness Fellowship

Norwood Association

Respite Connections

Women's Health West

Mercy Mental Health

Western Region Health Centre

A decorative graphic at the bottom of the page consists of several overlapping arches in shades of purple, magenta, and lime green. The text 'Join us, dress up, meet some inspiring women and celebrate all that it is to be a woman!' is written in a purple, handwritten-style font across the arches.

Join us,  
dress up, meet some  
inspiring women and  
celebrate all that it is  
to be a woman!