

# PROGRAM



**5th March**  
**10am – 4pm**  
Lismore Workers Club

## **Supporting women in health, well-being and business.**

*Come and connect with women in the community and get to know the depth and range of support available in women's health, well-being and business.*

**Free massages, workshops,  
presentations and over 20 exhibitors.**

*See over page.*

**A free community event**  
held at the Lismore Workers Club.

**All welcome.**

# PROGRAM

As part of the Lismore Women's Festival which runs from 5th- 12th March the Lismore Women's Expo offers an engaging day of celebration and pampering for the women in our community – with free massage, workshops and presentations and over 20 exhibitors supporting women in health, well-being and business.

## ROOM 1

10.30 - 11.45	Gentle exercise/yoga
11.30 - 12.15	Yoga Stillness Program
12.30 - 12.50	Living Large – 10 tips to help change your story
1.00 - 1.20	Dementia support and education
1.30 - 1.50	What to do when overwhelm strikes?
2.00 - 2.45	10 tips to start your new website
3.00 - 3.45	Adrenal & hormonal health – exploring true vitality

## ROOM 2

10.30 - 11.00	Demonstration of Nia Technique
11.00 - 11.45	Importance of strength training
12.00 - 12.30	Kundalini Yoga and Meditation
12.45 - 1.30	Sacred Movement
1.45 - 2.05	Financial Literacy – How to budget.
2.15 - 3.00	Social media and the pressures on women
3.15 - 3.45	Mind Body Nutrition & Psychology of Eating

For detailed information or to make a booking for a workshop see [www.lismorewomensfestival.org](http://www.lismorewomensfestival.org)