



FREE EVENT

Women's Health & Wellbeing Day



Wednesday 10 October 10am-2pm
Cockburn ARC, 31 Veterans Parade,
Cockburn Central



Christina Morrissy

Improve your physical, mental and social wellbeing at this FREE event for women of all ages!



Join members of the AFLW Freo Dockers and Perth media personality Christina Morrissy and enjoy a range of activities including:

- Free health checks and professional advice
- Nutrition classes
- Mental health info sessions
- A healthy light lunch
- Launch of Act-Belong-Commit
- Zumba, Tai Chi, meditation and much more!



Crèche available,
bookings essential at
E events@cockburn.wa.gov.au



Prizes and giveaways
throughout the day!



Accessible events, contact us for details



Smoke free event