

The Women's Health Centre, Rockhampton,
is proud to present:

Women's Wellness Expo

CELEBRATING QUEENSLAND WOMEN'S WEEK 2018

Saturday March 10th, 9am-3pm

Rockhampton Showgrounds

Gather your girlfriends, sisters, mums, daughters, aunties, cousins and co-workers for this unmissable event encompassing all areas of women's health. Information, inspiration, and fun with a wide range of educational and informative products and services on how to improve wellness and get the most out of life for women of all ages.

FREE entry for all!

Demonstrations, information stalls and interactive displays on topics including:

- ◆ Stress Management
- ◆ Relaxation and Mindfulness
- ◆ Physical Fitness
- ◆ Sexual Health
- ◆ Diet & Nutrition
- ◆ Careers & Education
- ◆ Art and Craft
- ◆ Healthy Aging
- ◆ Community and Support Services
- ◆ Organic Living
- ◆ Budgeting
- ◆ Entertainment

FREE Activities throughout the day

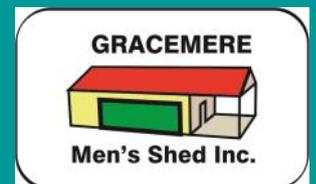
If you are a business or organisation, and are interested in having a display or demonstration of services, therapies or goods, please contact (07) 4922 6585 or email: chantelle@womenshealthrockhampton.com

Hosted by:

The Women's Health Centre
225 Bolsover Street
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Queensland
Government



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Main Stage Program

9.45am - Welcome to Country— Dharumbal Elder Aunty Nikki Hatfield



10am - Karla Way-McPhail
Undamine Industries Director and CEO
Telstra Business Woman of the year, 2012
Karla has a background in education and psychology and is the founder of Coal Train Australia, which is a training organisation that caters for a variety of demographics and learning needs.



11am - Karni Liddell
Karni is the National Disability Insurance Scheme (NDIS) QLD Ambassador, she sits on the United Nations Women's board, she is a member of Dame Quentin Bryce's Domestic and Family Violence Council, she is a radio broadcaster and has just been appointed the Patron of the International Day of People with a Disability.



12pm - Nyoka Fetoa'l
Chief Executive Officer, Darumbal Community Youth Services Inc.
Nyoka is a descendant of the Darumbal people who are the Traditional Custodians of the Rockhampton and Capricorn Coast region; and comes from a line of strong independent women who have contributed to community and cultural empowerment at local, state and national levels. Nyoka is a single mother raising 4 young independent women of her own.



1pm - Brittany Lauga MP
Politician and Town Planner
Prior to being a politician, Brittany worked as a town planner and has worked for the Department of Housing and Public Works. She is heavily involved in the community.



2pm - Shirin Dharmalingam
Project & Business Leader, The Women's Health Centre, Rockhampton
With a discipline in science and previous roles with Malaysia's premier economic organization, Shirin is now managing projects in community services, which includes helping young women transition into work or other pathways, and providing vocational education and training to the community.



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Motivational and Informative Speakers

10.30am

Maintaining a work/life balance and women's differing roles

With Bryony Holmes from Aurizon

Bryony discusses the challenges she has overcome whilst working in a male dominated workplace and how she manages to maintain a work and live balance to achieve optimal wellbeing.

11.30am

CBT; Combating Negative Thoughts

With Noela Radel

Nola is an Accredited Mental Health Social Worker. Nola is currently working part time for QH at Maternal & Child Health and her role there is Early Intervention Parenting Specialist working with Parents around any mental health issues/parenting problems etc. Nola also has a private practice where she assists young people, individuals and families to improve their lives. Nola is passionate about supporting women to develop and grow to a better understanding of themselves by addressing difficulties and make changes in their lives.

12.30pm

Budgeting

With Kerry Hayes from Westpac

Looking at ways to effectively manage finances, Kerry explains how budgeting and good money management can help you and your family spend and save money wisely.

1.30pm

Self Esteem & Mindfulness

with Janis Littleboy from the Women's Health Centre

Self-esteem is your opinion of yourself. People with healthy self-esteem like themselves and value their achievements. While everyone lacks confidence occasionally, people with low self-esteem feel unhappy or unsatisfied with themselves most of the time. This can be remedied but it takes attention and daily practise to boost self-esteem.



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Relaxation Room

Massage

With Massage is Magical, Helen's Massage, and Feel Good Naturopathy

Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain and muscle tension. While more research is needed to confirm the benefits of massage, some studies have found massage may also be helpful for: anxiety, headaches, insomnia related to stress, sports injuries, soft tissue strains or injuries. Beyond the benefits for specific conditions or diseases, some people enjoy massage because it often produces feelings of caring, comfort and connection.

Reiki

With Bon-Doula Healings, Carole Lane and Melissa Monk

Reiki treatment can be effective for a variety of circumstances, including relaxation, pain management, reduced anxiety, reduced depression, and enhanced well-being, improved sleep, improved digestion, enhanced well-being, stronger self-esteem, greater self awareness, greater ease and satisfaction in relationship and heightened intuition. Depending on the practitioner, when you receive Reiki healing, you'll either lie fully clothed on a treatment table, yoga mat or seated in a chair while the Reiki practitioner places hands lightly on or just above your head and torso.

Healing Touch

With Connecting Within

Healing Touch is an "energy therapy" that uses gentle hand techniques thought to help re-pattern the patient's energy field and accelerate healing of the body, mind, and spirit. Healing Touch is based on the belief that human beings are fields of energy that are in constant interaction with others and the environment. Healing Touch has been used in the treatment of a wide range of physical illnesses and symptoms, as well as numerous mental health issues and disorders

Meditation and Mindfulness

With CQ Meditation Society Ananda Buddhist Centre

Cultivating mindfulness is the key to overcoming suffering and recognizing natural wisdom: both our own and others. Mindfulness meditation is unique in that it is not directed toward getting us to be different from how we already are. Instead, it helps us become aware of what is already true moment by moment. We could say that it teaches us how to be unconditionally present; that is, it helps us be present with whatever is happening, no matter what it is. Take some time out to sample calm abiding meditation and explore how it can benefit your health and wellbeing.



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Free Activities

Creative activity

with Darumbal Community Youth Services



Making Stress-Balls

with Community Health Services



Mindful Colouring-In

Making Vision Boards with
The Women's Health Centre



Free Demonstrations Including:

Car Maintenance with Rockhampton 4x4

Kick Boxing with C.M Thai Kickboxing and Fitness

Belly Dancing with Sabaya Dance Troup



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