The Dimensions of Women's Wellness

Friday 9th - Sunday 11th March 2018



2018 Event Brochure

The Dimensions of Women's Wellness



GUEST SPEAKERS INTERACTIVE WORKSHOPS ENTERTAINMENT MEDITATION AND YOGA 9:00am - 10:00pm Saturday 10th MARCH 2018 18+ Women Only Event - Laugh, Learn and Share

TICKETS ON SALE NOW, UNTIL FRIDAY 23RD FEBRUARY

Wild Strawberry Catering & Licensed Bar To Book Tickets: www.kalannie.crc.net.au/bookings

This event is part of a regional wellness program inviting ladies from the Western Australian Wheatbelt to engage with women in one location. Followed by a Wheatbelt-wide family friendly event 'Emu In The Sky' for men, women & children of all ages.







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KAYA WANJU (Hello & Welcome)

We are inviting all women living in Western Australia's Wheatbelt region to get ready for our next hugely popular Women's Wellness event. The 2018 event, being held at Kalannie, will run over three days from Friday 9th until Sunday 10th March. We welcome you to explore the inspiring and thought provoking opportunities that are on offer in our event program that will allow women to engage with others from across WA.

The Dimensions of Women's Wellness (TDWW) was designed to bring people together to connect to themselves and through group integrity. Connection is built through the opportunity to expand, share experiences and tell stories. Research shows that when people connect with the people, it is good for our wellbeing. Long term happiness is directly correlated to connection.

Storytelling is the most powerful way to connect. Stories delight, enchant, touch, recall, motivate and challenge. Sharing stories make us feel more connected, alive and inspired. For the 2018 event, our mission is to encourage women from all backgrounds, cultures, experiences and interests to unite and share stories to ignite passion and hope and unveil transformation. You must learn to get in touch with the innermost essence of your being to enable life to deliver exactly what you need to grow.

We have attracted well known presenters for you to experience on the day, each week a guest speaker will be released and showcased in this brochure and on the <u>TDWW Facebook Page</u>. As each presenter is revealed each week, the cost of the event tickets will increase, so be sure to secure your ticket as soon as possible. This year there are no individual workshops to pick from, but you can select which rotating workshop group you would like to be in on the day, when doors open on Saturday 10th March at 9:00am.

During the day of The Dimensions of Women's Wellness event we offer a wonderful, safe, social environment for women to indulge, be nurtured, inspired and to connect with each other. We encourage you to take up this chance to take a step toward learning how to find your inner passion and learn how to balance the dimensions within yourself. This helps to better the wellbeing within you, within your family and friends, and ultimately your community.

To us, every woman's wellness matters, and that means YOU.

Bree Franz Event Coordinator

Kalannie Community Resource Centre recognises the traditional custodians of this land, sea and community where we will meet in March 2018. We pay respect to elders past, present and emerging, for they hold the memories, the traditions, the culture and hopes of Aboriginal and Torres Strait Islander people across the state.

FREEDOM I SHAUN NANNUP I TEDxBunbury





GOVERNMENT OF

WESTERN AUSTRALIA

Department of Primary Industries and Regional Development "Have the courage to follow your heart and intuition. They somehow already know what you truly want to become". Steve Jobs

The Dimensions of Women's Wellness 2018

Event Information

KALANNIE

<u>Kalannie</u> is 260km north east of Perth CBD, 2.5 hours by car. On your travels you will experience the unique Wheatbelt scenery.

Date and Venue

The Dimensions of Women's Wellness event will be held between Friday 9th and Sunday 11th March 2018 in Kalannie, Western Australia at the Kalannie Town Hall–<u>Map Here</u>.

Parking

There is allocated parking in town which you will be guided to by the onsite parking officers.

Accommodation

For attendees requiring accommodation, there are several local options available for you to choose from:

"The Station Masters Cottage", Kalannie B&B: 0400 722 790

Kalannie Caravan Park: 9661 0500

Pithara Tavern: 9662 1032

"The Rest", Dalwallinu B&B: 0429 020 285

Dalwallinu Wheatlands Motel: 9661 1600

The Old Convent Guest House, Dalwallinu: 9661 1551



Event Information

2018 Event Program

The Dimensions of Women's Wellness 2018 event provides attendees with affordable ticket options to access this years event. You may purchase a full day ticket and allow your whole family to take part in the evening program. Each section of the day will be interactive, supportive and fun, allowing attendees to search within themselves to discover a deeper understanding of how to work toward balancing new knowledge within themselves.

A <u>Full Day Ticket</u>, or individual tickets for Options A, B & C (below), are exclusively for female attendees only. However, Option D (the evening program) is open to men, women and children to attend, as we recognise that men, partners, family and friends also contribute to the dimensions of a woman's life. Option D is <u>open to all ages</u>. This year there are no workshops that require you pick a preference, but you can select which rotating group you wish to be in on the day of the event when the doors open at 9:00am

Please note: Your full day ticket includes lunch and your entry to the evening program. Lf you would like your partner and children to attend the evening program please purchase an additional ticket for them (\$11). Don't forget to order your dinner. These tickets can be additionally purchased when booking your event tickets. No BYO Food or Drinks (Note: If you purchase a full day ticket, your admission to the evening program is already included.)

Ticket Sales—Click HERE to buy your ticket

Registration Options					
All Day Ticket	The Dimensions of Women's Wellness Package 9:30am– 10:00pm (women only) Includes lunch by Wild Strawberry Catering and option A + B + C + D below. Don't forget to purchase your bush food grazer gourmet dinner.	\$115			
Option A	Friday 9th March : Meditation and Yoga Introduction Class 5:30pm– 7:30pm Not for individual sale until all TDWW tickets are sold	\$20			
Option B	Saturday 10th March : Meditation Class 8:00am– 9:00am Not for individual sale until all TDWW tickets are sold	\$10			
Option C	Sunday 11th March : Meditation and Yoga Class 9:00am– 11:00am Not for individual sale until all TDWW tickets are sold	\$20			
Option D	Saturday 10th March : Evening Program: Emu In The Sky 5:00pm– 10:00pm (men, women and children). <i>Don't forget to purchase your gourmet dinner</i>	\$11			
Dinner	Saturday 10th March : Wild Strawberry Catering 'Bush Food' Grazer picnic pack for one or two people share between two and a 'Junior Grazer' for the kids to choose.	\$27 to \$70			

Stories for Health and Wellbeing

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Why Storytelling?

Storytelling is the most ancient of art-forms.

And the call to story is one of the most powerful human unifiers common to every society and culture.

From the fairy tale to the literary classic, the pub yarn to the ancient myth and the biblical allegory to the kitchen table confession, our stories are our **windows into other worlds** and the cheeky analogies for our own.

But in a modern chaos, we no longer share tales around the campfire, gather in the village square, or sit by the hearth to hear a chapter.

And since we entrusted our cultural narrative to the mass market media and the Hollywood blockbuster, we seem to have **lost the intimacy and magic** that used to help keep us afloat.

So it is the **reclaiming of personal storytelling** which will illuminate our contemporary journeys and serve as the **bridge of commonality** between us.

> Just as music can provide a soundtrack for our lives, storytelling weaves our experiences, myths and cultural identity into a narrative that teaches, heals and entertains.

It is through telling our stories that we draw meaning from suffering, process our experiences and share our journeys.



"We never had so much need of storytelling and its healing powers." George Mackay Brown

Full Weekend Program

2018 Event Program- Full Weekend Event Ticket

Here is the full day program. The bonus classes will not be for individual sale until all TDWW tickets are sold, to make sure we accommodate TDWW attendees first. Each week, a presenter and or workshop will be revealed and this event brochure will be updated weekly. Be sure to check in each week.

Friday– Bo 5:30pm -	5:30pm	Bonus Class - 2 hour Introduction Meditation and Yoga Class
Friday– Bonus Class 5:30pm - 7:30pm	7:30pm	Close of evening workshop
	8:00am	Bonus Class - 1 hour Mediation Class
	9:00	Doors open @ Kalannie Hall
Sa	9:30	Open - The Dimensions of Women's Wellness
	9:45	Presenter #1 & #2 To Be Revealed
	11:20	Gourmet Lunchbox Grazer by Wild Strawberry Catering
urda) 8:00	11:50	Presenter #3 To Be Revealed
Saturday– Early Bird Ticket 8:00am - 10:00pm	1:50pm	Close of Morning Program
	2:30	Workshop Topic: Inside Out presented by Caroline Crombie
	3:45	To Be Revealed Concurrent Rotating Workshops - #1, #2 & #3
÷t	5:00	To Be Revealed Concurrent Rotating Workshops - #1, #2 & #3
	6:30pm -	Evening Program: Emu In The Sky Night Market Stalls (open at 5:00pm) Bush Food Grazer Picnic Platter Dinner by Wild Strawberry Catering
	10:00pm	Live Music by Richard Lilje GDC Observatory
i.e		
Sunday – Bonus Class 9:00apm - 11:00am	9:00am	Bonus Class - 2hour Introduction Meditation and Yoga Class
	11:00am	Close of morning workshop

Seeking a stress-free existence



PETER MUIZULIS CERTIFIED MINDFULNESS TRAINER AND CONSULTANT mindfulnessforliving.com.au

Mindfulness might appear to be a fad, but the technique is underpinned by evidence

WOMEN'S interest in mindfulness as a tool for improving health appears to have markedly increased.

While more research is required to understand the reasons for this, several things can be inferred.

Firstly, mindfulness appears with increasing frequency in mainstream media and is now something of a pop culture phenomenon. Nevertheless, many claims are supported by sound research.

There is a growing body of evidence supporting the efficacy of mindfulness-based interventions (MBIs) for the management of common mental health presentations such as stress, anxiety and depression. (See box).

Secondly, studies suggest that over the past few decades, people's perception of lifestress has increased dramatically.

Indeed, as a long-time mindfulness trainer, when I ask people what brings them to a mindfulness course, there is one word I hear more than any other: stress.

Studies show that stressful life events are the single biggest determinant of anxiety and depression.

Thirdly, there is a long-standing gender disparity in the area of mental health. According to the World Health Organization, while men and women have similar overall rates of mental health problems, there are significant differences for specific conditions.

Alcohol dependence, for example, is more common among men, whereas women are more likely to experience anxiety and depression. Women are also more likely to seek help for mental health issues from their primary healthcare provider. I have seen a similar pattern in my work – the majority of participants in my mindfulness courses over the years have been women. I often hear comments such as: "I wish my husband would do this, he needs it just as much as I do." Despite progress towards gender balance, women still seem more willing to deal with their mental health.

How can mental health be improved with mindfulness? It can be seen as a type of mental fitness – a way of becoming more aware of, and better able to manage, one's habitual thoughts and feelings.

Just as physical exercise strengthens your body, regular mindfulness practise rewires your brain to make you more calm and clear. Indeed, neurobiological studies demonstrate that mindfulness training strengthens the parts of the brain involved with attention and emotional regulation.

This calm and clarity is beneficial, as a mental health intervention and for prevention.

Official standards for mindfulness training are being developed in the UK and elsewhere. In the meantime, GPs' relevant patients should be referred to an experienced mindfulness trainer. If there is an existing mental health issue, such training should be provided under the guidance of, or in tandem with, an appropriate mental health professional.

We can take advantage of women's interest in mindfulness to strengthen mental wellness.

Mindful evidence

- A UK meta-analysis of 209 studies (12,145 participants) showed MBIs had "large and clinically significant effects in treating anxiety and depression" with lasting benefits.
- MBIs reduce self-reported measures of stress, anger, rumination, and physiological symptoms, while improving positive outlook, empathy, sense of cohesion, self-compassion and overall quality of life.
- A 2015 report said mindfulness was an "important innovation in mental health" and recommended it become part of official UK public healthcare policy.

Source: themindfulnessinitiative.org.uk

This column is supplied by Jean Hailes for Women's Health - a national, not-for-profit organisation focusing on clinical care, innovative research and practical educational opportunities for health professionals and women. www.jeanhailes.org.au



AUGUST 2017 MEDICALOBSERVER.COM.AU



Helpful Health and Wellbeing Links



We believe in physical and emotional health and wellbeing in all its dimensions for all women in Australia throughout their lives. Professor of Women's Health at Jean Hailes is Jane Fisher who discusses confidence and what it means for women in this 2min video.

Click here: What Does Confidence Mean For Women?



Following on, Professor Jane Fisher and Dr Mandy Deeks, talk about engaging with others and the importance of confidence in this 3min podcast.

Click here: Building Confidence



Dr Mandy Deeks talks about the difference between what is worry and anxiety and what is an anxiety disorder in this 3min video. There are some great things that you can do to help in these situations and Dr Mandy touches on this with some helpful tools.

Click here: Is It Worry or Anxiety?



'A mental workout', is a 30min webinar by Dr Mandy Deeks who focuses on the topics of mental health, woman and anxiety, and ways to build confidence.

Click here: <u>A Metal Workout</u>

The Dimensions of Women's Wellness 2018

WILD STRAWBERRY CATERING

WHEATBELT, HOUSE-MADE, SEASONAL, PORTABLE, DELIVERED

For the 2018 event, Wild Strawberry Catering is returning, due to popular demand but with a twist. For the lunch, individual grazing boxes will be provided that are full of quality, local, artisan, house-made bites that are so delicious and will keep you full for the day.





But who is Wild Strawberry Catering?

Sharnee, the owner of Wild Strawberry Catering, is a mum of three children, who lives in Mukinbudin with her husband. With a Natural Resource Management background, it could not supress her love and passion for cooking. A foodie who is self taught, developed her passion young when she was surrounded by her family of amazing cooks that celebrated and shared the love of fabulous food. So her passion became a reality.

'Emu In Sky' is the evening event that is offering attendees bush food grazing platters and with Wild Strawberry's focus of using fresh quality produce you will not be disappointed. These platters are going to be perfect for the relaxed family friendly evening that is planned and with a licenced bar available, watching the stars, listening to dreamtime stories and music the night is going to be magical.



Summary of Presenters

Presenters

Saturday 10th March there are three presenters from 9:45pm to 2:00pm and an amazing gourmet lunch in between. For those who do choose to join the bonus class, your group selection for the day can be done before the meditation class. If you decide not to chose the 1 hour bonus meditation class, you can select which group you would like to be at registration table at 9:00am.



"She remembered who she was and the game changed". Lalah Delia

Outline of Presenter #1

Presenter #1

Kalannie Community Resource Centre is proud to bring to you presenter #1.

Managed and owned by the local community, Kalannie Community Resource Centre enriches the community experience by offering exposure alongside encouraging the community to participate in the arts, music, literary, drama, creative expression and social activities.

We contribute to our local economy through social enterprise, employment and training opportunities, support for local associations, clubs and other businesses. Our direct form of community communication is through the, free to read, newspaper The Kapers, where government services, available grants, health and wellness awareness and referral relationships are shared. Additionally we maintain quality facilities for the community to access including office space and equipment, a video conference room and videoconferencing and a create welcoming environment for a good old cup of tea for community conversations.

Presenter Topic: Drinks, Drawing and a Nude Model with Artist Lara Sawyer

Prepare to learn how to celebrate and draw the naked human form in a tasteful, fun and creative format. Lara will will teach you step by step how to independently explore anatomy through drawing, catering for all skill levels from beginners to experts. There will be music, entertainment and whole lot of laughter to be had for everyone. This is a tasteful class that is about appreciating the beauty of the human body's shape without shame.



Your local connection

67 Roche Street, Kalannie WA 6468 Tel: (08) 9666 2194 9.30am – 4.00pm Monday to Friday Web: www.kalannie.crc.net.au/ FB: www.facebook.com/kalanniecrc

Sign up and receive the Wheatbelt wide newspaper The Kapers for FREE- www.kalannie.crc.net.au/kapers-newsletter

Outline of Presenter #2

Presenter #2

Macao Consulting is proud to bring to you presenter #2.

Macao Consulting has assisted many businesses in developing integrated management systems since 2002 and offer the Wheatbelt businesses a range of services which include Main Road WA & NHVR Accreditation, Fatigue and Maintenance, Dimension and Loading and AMMS Management Systems, Farm Safety and Business Forms.

Macao Consulting are committed to creating the best possible system management solutions for client needs, achieving solutions within an agreed budget and timeframe and building successful and ongoing relationships with clients. Sue from Macao Consulting looks forward to discussing your workplace management compliance, improve safety and reduce hazards and sharing their tools and forms available for you to use to meet the regulations.

Presenter Topic: Mediumship with Medium Annette

My name is Annette. I am a mother of 2 gorgeous little girls, a wife, a business owner, and a landscape designer.... And as it turns out, I am also a Medium. This means I have the ability to see, hear and feel people who have passed away.....

I didn't always know about this gift, and trust me, I know exactly how this sounds. This is definitely not what I thought I would be doing with my life. This crazy part of my life showed up when I was 29, out of the blue. I started seeing things and having very strange experiences, which were quite confusing and unnerving. 6 years down the track, I now can hear messages from and communicate with the souls of those who have passed over.

Being quite sceptical of the whole thing initially, meant it took me quite a few years to accept this and come to terms with having this ability, let alone feeling comfortable telling the world, as I am sure you can imagine! But now, I work hard to spread this message and connect people with their passed loved ones as often as I can. I find it such an intriguing and truly amazing thing. It truly is the most rewarding, yet craziest job out there, as it can offer so much healing, connection and comfort for people.

So I'm documenting this journey. I am doing readings, demonstrations, making videos, explaining what I have been experiencing and sharing the message where I can, in hopes to offer people healing, comfort and peace of mind that their level

offer people healing, comfort and peace of mind that their loved ones are ok on the other side.



Leading the way in all your Compliance & Regulation Requirements











Intro: I see dead people

Ep 2: Surely this doesn't happen

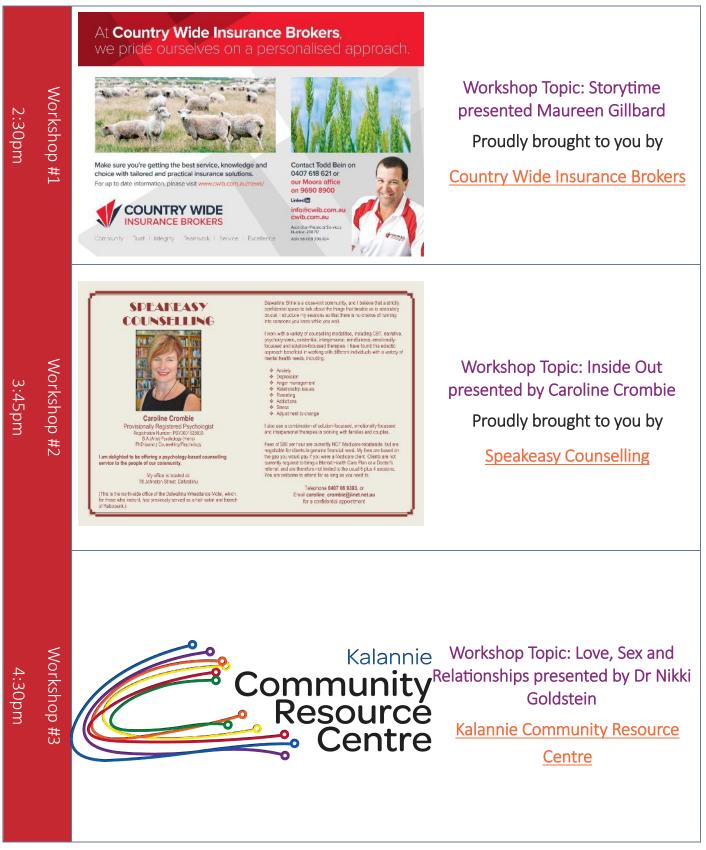
Ep 3: No one told had told me about it

Ep 4: So what did I do to develop

Summary of the Workshops

Workshops

Saturday 10th March there are three, one hour concurrent rotating workshops from 2:00pm to 6:00pm. For 2018 you do not need to select your workshops, as you will stay in the same group for all three workshops session. You can however, select which group you would like to be in which can be done on the day of the event at the registration table when doors open at 9:00am.



"Be ruthless for your own well-being". Holly Butcher

Outline of Workshop #1

Rotating Workshop #1

Todd Bein from <u>Country Wide Insurance Brokers Moora</u>, is proud to bring to you rotating workshop #1.

Established in 1989, Country Wide Insurance Brokers assist in managing risk through effective insurance solutions, and service the general insurance requirements of our customers from our network of 8 branches throughout Western Australia.

At Country Wide Insurance Brokers, we ensure that our personnel are available to service your requirements for the entire period of our engagement and we act as your advocate throughout the insurance process. From the time you notify us of a claim, we will be there to assist you, with the handling of your claim.

We understand that circumstances can change quickly, therefore we know the importance of regularly reviewing your needs to ensure that your insurance requirements are constantly being met. Our focus is you and your business.

Workshop Topic: Storytime presented by Maureen Gillbard

We are the author and illustrator of this glorious life we are living. During this 1 hour workshop we delve into the space created to discover the stories we tell ourselves and time is provided to explore our Inner Coach and understand our Inner Critic. You will reconnect with the authentic freedom of simply knowing you.

At **Country Wide Insurance Brokers**, we pride ourselves on a personalised approach.



Make sure you're getting the best service, knowledge and choice with tailored and practical insurance solutions. For up to date information, please visit www.cwib.com.au/news/



Community | Trust | Integrity | Teamwork | Service | Excellence



Contact Todd Bein on 0407 618 621 or our Moora office on 9690 8900

Linkedin info@cwib.com.au cwib.com.au

Australian Financial Services Number 238717 ABN 56 009 296 824

Outline of Workshop #2

Rotating Workshop #2

Caroline Crombie from Speakeasy Counselling is proud to bring to you rotating workshop #2. Speakeasy offers a psychology-based counselling service to the Wheatbelt community. While the office is located in Dalwallinu, Caroline's clients are Wheatbelt wide. Her use of a variety of counselling modalities means she her approach is very beneficial when working with different individuals and their health needs. To make a booking with Caroline, you can email her <u>HERE</u>

Caroline is also a feature writer in the, free to read, 'The Kapers'. You can access this free newspaper by signing up <u>HERE</u>, where you will be able to read her Speakeasy articles each week.

Workshop Topic: Inside Out presented by Caroline Crombie

Who are you? How well do you know your deepest self? How comfortable are you with... you? Getting what you want out of life, becoming who you want to be, is only possible if you know your starting point.

This workshop will equip you with some very powerful strategies to discover who you really are, from the inside out. Prepare to encounter the stunningly good things that are hidden inside your heart!



(This is the north-side office of the Dalwallinu Wheatlands Motel, which, for those who know it, has previously served as a hair salon and branch of Rabobank.)

Dalwallinu Shire is a close-knit community, and I believe that a strictly confidential space to talk about the things that trouble us is absolutely crucial. I structure my sessions so that there is no chance of running into someone you know while you wait.

I work with a variety of counselling modalities, including CBT, narrative, psychodynamic, existential, interpersonal, mindfulness, emotionally-focussed and solution-focussed therapies. I have found this eclectic approach beneficial in working with different individuals with a variety of mental health needs, including:

- Anxiety
- Depression
- Anger management
- Relationship issues
- Parenting
- Addictions
- Stress
 Adjustment
- Adjustment to change

I also use a combination of solution-focussed, emotionally-focussed and interpersonal therapies in working with families and couples.

Fees of \$80 per hour are currently NOT Medicare rebateable, but are negotiable for clients in genuine financial need. My fees are based on the gap you would pay if you were a Medicare client. Clients are not currently required to bring a Mental Health Care Plan or a Doctor's referral, and are therefore not limited to the usual 6 plus 4 sessions. You are welcome to attend for as long as you need to.

Telephone 0407 08 9393, or Email caroline_cromble@iinet.net.au for a confidential appointment



We pay lots of professionals in our communities to facilitate change. We need people like teachers, politicians and psychologists. Why? Because positive change doesn't come easily. Left alone, things tend to fall apart. Relationships, mental health, businesses, communities...they all degenerate if there isn't an active driving force for positive change.

No one really likes change. Even people who constantly chase a new relationship, a new job or a new home are often, deep down, falling apart on the inside because they aren't able to make the changes that would keep them stable. But the world is always changing around us, and if we don't keep up, if we don't change within ourselves and adapt,

then our relationships, our mental health, our work, our businesses and our community all suffer.

There are several levels we need to get comfortable with change if we are going to keep up with a changing world. Firstly, *we need to get comfortable with change inside ourselves*. We need to be prepared to let go of our old way of doing things, our old way of thinking, and try something new. Sometimes life presents us with something unexpected, something painful, and we have to find it in ourselves to change how we think and behave so we can adapt to the new situation. Sometimes the change creeps up slowly, like the fact that our bodies are changing as we grow older. We have to adapt, too, to the changes in those around us. Children grow up and want to live their own lives. Handing down the family business to someone you love, but who has very different ideas, can be a painful process for everyone involved. And our whole community is changing, growing and blossoming as people from different cultures make their homes here.

I think the two biggest ingredients necessary for change are courage and curiosity. Sometimes change is so hard to come to terms with that we need help doing it. We need to be brave enough to face the fact that change is necessary, to let go of old ways, and to make connections with people who have the resources we need to help us change. And we need to be curious and open to what lies ahead. So secondly, we need to we get comfortable connecting with others. Importantly, we need to be able to connect with those in our own close circle as well as those outside our own circle so that we have access to new resources. We need inner courage, and we need curiosity about two sorts of relationships: bonding and bridging. Bonding is what we do with those in our circle. **Bridging** is what we do with those outside our circle. Healthy people and healthy towns do this. Dalwallinu, as a whole Shire does really well at this. It's why we are going forward and growing while so many other regional towns all over the world are in decline. We look after ourselves, and we make bonding relationships with each other in sports, being neighbourly, at community events and supporting each other's businesses. We also make bridging relationships to bigger towns and cities so that we can bring in outside business, attract tourists, gain funding for our community and bring resources in. We can't just wait here hoping to survive: we need outside support as well as support from within.

The same is true for individuals. We need to look after ourselves, bond with those around us, and keep looking outside our inner circle, making bridges so that we have more resources to adapt to our changing lives. I hope The Dimensions of Women's Wellness will be a time for all of us to reconnect with ourselves, bond with each other, and build some lovely new bridges together! *Caroline Crombie*

Outline of Workshop #3

Rotating Workshop #3

Kalannie Community Resource Centre is proud to bring to you presenter #1.

Managed and owned by the local community, Kalannie Community Resource Centre enriches the community experience by offering exposure alongside encouraging the community to participate in the arts, music, literary, drama, creative expression and social activities.

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Workshop Topic: Love, Sex and Relationships presented by Dr Nikki Goldstein

DR. NIKKI GOLDSTEIN Sexologist, Relationship Expert and Author



Your local connection

(08) 9666 2194 Tel: 9.30am - 4.00pm Monday to Friday Web: www.kalannie.crc.net.au/ FB: www.facebook.com/kalanniecrc



presents

Emu in the Sky

GDC OBSERVATORY NIGHT MARKET STALLS MUSICIAN RICHARD LILJE WILD STRAWBERRY CATERING 5:00pm Saturday 10th MARCH 2018 Family Event - All Ages Welcome - Licensed Bar

NO BYO FOOD & DRINKS | TICKET \$11 | KALANNIE Picnic Dinner Options Available Upon Booking To Book Tickets: www.kalannie.crc.net.au/bookings

Experience the magic of the Wheatbelt night sky through stargazing, story telling and live music. Bring a blanket or chair and enjoy a family friendly night, exploring the stars as told in dream time stories. Join Shaun Nannup & GDC Observatory, Head Astronomer, Rick Tonello for a unique evening experience.











Outline of Evening Program: Option D

Option D (the evening program - Emu In The Sky) is open to men, women and children to attend, as we recognise that men, partners, family and friends also contribute to the dimensions of a woman's life. Option D is <u>open to all ages</u>. Please note: this ticket does not include dinner. The dinner tickets need to be additionally purchased when booking your tickets, No BYO Food & Drinks. (Note: If you purchase a full day ticket, your admission to the evening program is already included, you just need to purchase your dinner).

Evening Program- Option D E	5:00pm	Night Market Stalls Entertainment from Perth singer song writer- Richard Lilje <u>www.richardlilje.com</u>
	6:30	Opening of the Evening Program– Emu In The Sky (Option D) Welcome to Country by Shaun Nannup Entertainment by Richard Lilje Night Market Stalls- continue Picnic Platter Dinner by Wild Strawberry Catering
ening	7:30	GDC Observatory
Evening Program: Emu In The Sky 5:00pm– 10:00pm		Aboriginal Astronomy Aboriginal Astronomy explores the night skies in the context of the origin of the universe as told in dream time stories. Unlike modern day astronomers who have only one creation story of the universe, i.e. the Big Bang, the Aboriginal people have many stories of how the universe came into being. Join Noongar Elder, Shaun Nannup and GDC Observatory, Head Astronomer, Rick Tonello for a unique stargazing experience.
	10:00	Close of Evening Program
	10:30	Bar and Gate Closed

"To us, health is about so much more than simply not being sick. It's about getting a balance between physical, mental, emotional, cultural and spiritual health. Health and healing are interwoven, which means that one can not be separated from the other". Dr Tamara Maclean

The Dimensions of Women's Wellness 2018

Outline of Evening Program: Option D



Richard Lilje

Born in Melbourne, Australia, Richard Lilje epitomizes the typical Aussie in that he is a fun loving, free spirited with a zest for life. He is a singer/songwriter who uses his voice, guitar and loop pedal to express his enthusiasm in a pop/folk mix.

Richard started learning guitar at 9 years of age and began voice coaching and musical theatre from the age of 15. By 17 he could be heard busking around Perth and performing in places such as Mojos in Fremantle. From May 2014 Richard busked his way around Europe, eventually performing at gigs and a festival in Kingston, London. This lead to recording his song "In my Head" with a producer in London.

This song as well as others can be heard on his first album, "<u>Coffee Stains</u>". Richard has recorded and collaborated with Lee Buddle at Crank Recording and Kamando Sikazwe at Hit Records and is coming to Kalannie, Saturday 10th March 2018 to perform during the Emu In The Sky, Option D– Evening Program.



Ticket Options and Terms and Conditions

Registration Options					
All Day Ticket	The Dimensions of Women's Wellness Package 9:30am– 10:00pm (women only) Includes lunch by Wild Strawberry Catering and option A + B + C + D below. Don't forget to purchase your bush food grazer gourmet dinner.	\$115			
Option A	Friday 9th March : Meditation and Yoga Introduction Class 5:30pm– 7:30pm Not for individual sale until all TDWW tickets are sold	\$20			
Option B	Saturday 10th March : Meditation Class 8:00am– 9:00am Not for individual sale until all TDWW tickets are sold	\$10			
Option C	Sunday 11th March : Meditation and Yoga Class 9:00am– 11:00am Not for individual sale until all TDWW tickets are sold	\$20			
Option D	Saturday 10th March : Evening Program: Emu In The Sky 5:00pm– 10:00pm (men, women and children). <i>Don't forget to purchase your gourmet dinner</i>	\$11			
Dinner	Saturday 10th March : Wild Strawberry Catering 'Bush Food' Grazer picnic pack for one or two people share between two and a 'Junior Grazer' for the kids to choose.	\$27 to \$70			

Option A, B & C, will be sold as singular tickets once all of the TDWW tickets are sold. Option A to D are already included in the Full Day Ticket. Don't forget to book your dinner ticket.

Book your Ticket HERE

The Dimensions of Women's Wellness Ticket Terms & Conditions:

For more information about this event, please visit www.facebook.com/thedimensionsofwomenswellness or www.kalannie.crc.net.au/dimensions-of-women-s-wellness or contact the event organiser Kalannie Community Resource Centre (CRC): (08) 9666 2194 Opening hours are: 10am - 4pm Mon - Fri. GENERAL TERMS:

1. Please read the 'Dimensions of Women's Wellness Event Brochure' which forms part of your ticket. Vital information (such as workshop times etc) are in the brochure. You can read the brochure at: www.kalannie.crc.net.au/dimensions-of-women-s-wellness, or by visiting our Facebook page or on the event homepage on www.trybooking.com/TTJA

2. You must be a 18+ female to attend the Saturday 9am-6pm event, and the bonus Yoga & Meditation class. The evening Saturday program is open to men, women and children to attend of all ages.

3. WORKSHOPS: There is are three workshops with groups rotating from one to another. Group allocation will organised on the day.

4. EVENING PROGRAM - This is an exclusively women's only event, with the exception of the evening program - Evening Program (refer to the event registration brochure) where men, women and children of all ages may attend. Evening Program is available to purchase. The full day ticket (women only) includes one ticket to the Evening Program, however if you wish for your family to join you, please purchase additional Evening Program tickets.

5. A small credit card surcharge has been included in your ticket price (i.e not charged on top of it) but a 30cent ticket fee will added at the checkout.

6. REFUNDS: Please choose carefully as we cannot give refunds under any circumstances. However we may be able to transfer your ticket into another person's name. Please note this cannot be done without prior approval of the event host Kalannie CRC. Please contact Kalannie CRC for ticket transfers (08) 9666 2194 Opening hours are: 10am - 4pm Mon - Fri.



Outline of Speakers and Workshop Providers



Workshop Topic : Inside Out presented by Caroline Crombie



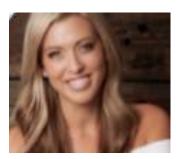
Workshop Topic : Storytime presented by Maureen Gillbard



Presenter Topic: Drinks, Drawing and Nude Models with Artist Lara Sawyer



Presenter Topic: Mediumship presented by Medium Annette



Workshop Topic: Love, Sex and Relationships presented by Dr Nikki Goldstein



Presenter #3: To Be Revealed At The Event

The Dimensions of Women's Wellness 2018

The Dimensions of Women's Wellness Reviews From The 2017 Attendees

"I still talk about that day, and night, in Kalannie - one of the highlights of my year!"

"So many amazing speakers and workshops, there was something for everyone"

"What a glorious night, what a way to finish off an outstanding day"

"There were ladies from everywhere, all across Western Australia"

"It's a day I get to hang with my girls and just go with the flow"

"For a small town, you really know how to put on a show!!"

"OMG, I have never had such AMAZING, beautiful food"

"What an amazing networking opportunity"

For more information www.kalannie.crc.net.au

"The beauty of a women is not in the clothes she wears, the figure that she carries, or the way she combs her hair. The beauty of a women is seen in her eyes, because that is the doorway to her heart, the place where love resides. True beauty in a women is reflected in her soul. It is the caring that she lovingly gives, the passion that she shows and the beauty of a women only grows with passing years". Audrey Hepburn

The Dimensions of Women's Wellness 2018