

Her Health... *Her Voice*



INSPIRE. EMPOWER. CONNECT.

Her Health. Her Voice. is a complimentary Women's Wellness Event created to inspire open conversations, celebrate women's wellbeing and bring women together in a supportive environment.



Join us for a morning dedicated to **movement, nourishment and meaningful discussion.**

Begin with a guided yoga session, enjoy healthy refreshments and brain food, before hearing from an inspiring panel of women in business as they share their personal journeys, experiences and insights on topics affecting women's health today.

The morning concludes with a light networking lunch, giving attendees the opportunity to connect, continue the conversation and celebrate a community that believes **every woman's health and voice matters.**

YOUR MORNING INCLUDES...

-  Guided yoga session
-  Healthy refreshments & brain food
-  Guest panel of inspiring women
-  Open conversation on women's health and wellbeing
-  Light networking lunch
-  Complimentary Goody Bag for all attendee's

SATURDAY
AUGUST **22nd** 10.00am - 2.00pm

FREE TICKETED EVENT
TICKETS AVAILABLE FROM [EVENTBRITE.IE](https://www.eventbrite.ie)




BOOK YOUR
TICKET TODAY

PROUDLY HOSTED BY



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