



Women's Wellness Workshops



3 DAYS OF FUN

ALL WOMEN ARE WELCOME

Facilitators: Gabi Rahman (Balu) & Pat Torres (Mayi Harvests)
YYMS Programs - SEWB & TIS

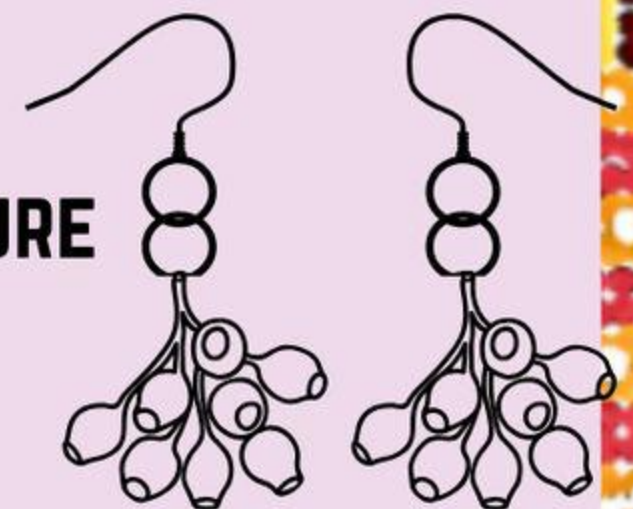
WHEN: 5TH, 6TH & 7TH NOVEMBER 2024

DAY 1: WELLNESS WORKSHOP - JUICE SHOTS AND SMOOTHIES INCORPORATING NATIVE SUPERFOOD



DAY 2: WELLNESS WORKSHOP - SKINCARE DIY - USING NATIVE PLANTS

DAY 3: WELLNESS WORKSHOP - JEWELLERY, ART, CULTURE & DESIGN - USING NATIVE NUTS AS INSPIRATION



**WHERE: YURA YUNGI ACTIVITY ROOM
9:00AM - 3:00PM**



Bring your creative self!

MORNING & AFTERNOON TEA, PLUS LUNCH PROVIDED

