



After the success of last years event, Amaroo Day Program and Outreach Service is proud to present the Women's Day by the Bay festival for 2010. This event is a free community festival that promotes women's empowerment and self determination. Most importantly it offers the opportunity for women with a mental illness to experience themselves differently and consider their citizenship within the broader community of women.

This year's festival focuses on the role of creativity as an important part of women's well being and will include:

- **Live performances showcasing the talent of female musicians and dancers from the West.**
- **An art exhibition and the opportunity for women to create wearable art that expresses their experience of being a woman.**
- **Inspirational women speakers.**
- **Workshops designed for and run by women on a range of subjects including meditation, qi gong, women's football skills, mind and body connection and the ancient art of belly dance.**
- **Opportunity to try alternate therapies such as kinesiology, reflexology and energy balances.**
- **Access to community information about women's health services in the West.**
- **And of course...amazing food.**

Join us, dress up, meet some inspiring women and celebrate all that it is to be a woman!!

Amaroo Day Program and Outreach Service
A program of Mind
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