



# *Financial Fitness Workshop for Women*

*Wednesday February 1<sup>st</sup> 9:45 am - 2:15 pm*

Come join other women for this multicultural event to work on your financial and physical fitness!

Workshop 1: Money, Relationships and You - where to get the information you need.

Workshop 2: Come and Try Yoga and Belly Dance - Regan - Belly Dance Arabesque

Lunch Provided - please advise on registration of any dietary needs

Workshop 3: Centrelink - Gianna Vorrasi - Multicultural Service Officer

Workshop 4: Self Defence/Empowerment for women - Sharon Stewart of YIN Personal Safety Solutions

All workshops are free. To register or find out more information please  
call/sms/email Kelly 0414 744 377 [kelly@zahrafoundation.org.au](mailto:kelly@zahrafoundation.org.au)  
or call the Zahra office on 8352 1889

Location to be advised on registration - Mile End area

We can book an interpreter for you if you need.

