

PWC Presents

Women & Health Event

Empowering Women,
Empowering Health

*Join us for an inspiring day of
education, connection & empowerment!*



WORKSHOPS



Women & Mental Health

Tasha Riley
BSW MSW



Women & Health

Shelly Phillip-LaForest
BScN MScN PhD(c)



Women Healing & Humour

Enoje OzJam
Comedy Practitioner

OPSEU REGION 5 PROVINCIAL WOMEN'S COMMITTEE

- Network With Women Around Health and Wellness
- Learn About Heart Health and Diabetes From Community Nurses
- Attend Workshops on Health, Mental Health, Healing and Humour
- Shop in the Wellness Marketplace



Provincial
Women's
Committee



RSVP Required
(Link Below)

<https://bit.ly/pwchealth25>



Sat., March 29
155 Lesmill Rd.
9:30 am - 3 pm

PROUD MEMBER
OPSSU