

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)

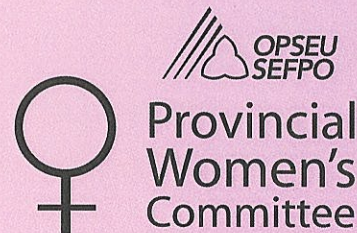


**Women Healing & Humour**

**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



**RSVP Required**  
(Link Below)

<https://bit.ly/pwchealth25>



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

OPSSU