

# invitation.

FOR ALL WOMEN



CELEBRATING INTERNATIONAL WOMEN'S DAY EVERYDAY

## WELL-BEING FOR WOMEN IN THE WORKPLACE

A MORNING PRESENTATION THAT FOCUSES  
ON THE VALUE OF OUR HEALTH WITHIN THE WORKPLACE

### BRINGING LIGHT TO THE FOLLOWING TOPICS...

The race against time, personal expectations, external demands & the impact on our body  
Prioritising ourselves and our health as first and foremost in the workplace & beyond  
Taking heed of our bodies messages  
Maintaining simplicity

**Join Marcia Owen for an early morning presentation to discover  
how we hold the antidote to our own well-being.**

WEDNESDAY  
13TH MARCH  
2019

RAMADA  
BALLINA  
2 Martin St, Ballina NSW

7:00 – 8:30AM  
\$10.00  
Light breakfast 7.00 - 7.30am  
Presentation 7.30 - 8.30am

**BOOKINGS ARE ESSENTIAL - register at [www.livingmedicine.com.au/www](http://www.livingmedicine.com.au/www)**

Marcia has worked within the fields of education, health and well-being for the last 15 years and regularly offers workshops, online programs and retreats that bring value to the wealth of our health. In addition she works as a organisational change manager and coach in the city and knows full well the demands imposed within the workplace. Based on her own lived experience, she offers a practical and sound approach to ensuring as women we do not compromise our bodies or health based on outer demands and our own inner expectations.

**REGISTER TO ATTEND  
ON [WWW.LIVINGMEDICINE.COM.AU/WWW](http://WWW.LIVINGMEDICINE.COM.AU/WWW)**