

# Connect with Compassion

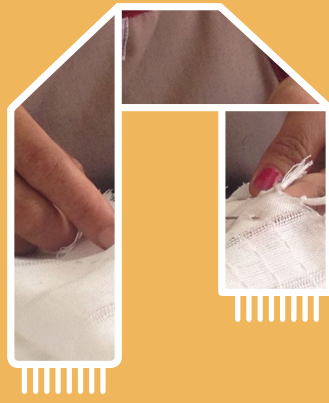
A passion to improve Women's Health across the globe.



## White Day Lunch

Sunday 18th March, 2018, 1:00pm

The Plough Inn, 2322 Beechworth-Wangaratta Rd,  
Tarrawingee \$50pp



## White Scarf of Compassion

For this event, we come together as women to share smiles and stories, enjoy food and drink, and connect with others. This is a fundraising social event for empowering women across the globe by sharing compassion and gratitude for the simple things in life. International Women's Day is a time to celebrate the challenges and joys of being a woman.



**COST:** \$50 pp. Please join us at this fundraising social gathering for a two-course lunch with coffee/tea and learn some tips for living with mindful compassion.

Tickets online <https://www.trybooking.com/349755>

**WHEN:** Sunday 18th March, 2018, 1.00pm

**WHERE:** The Plough Inn, 2322 Beechworth-Wangaratta Rd, Tarrawingee, 3678

**HOW:** Let's share a White Day- it all starts with self-compassion and the sharing of kindness and gratitude. Wear your White Scarf of Compassion (or article of white clothing) to support marginalised women and empower yourself. Fair-trade white scarves available for sale at \$15 each.

All profits from the luncheon will be donated to the Bali Wise organisation ([www.baliwise.org](http://www.baliwise.org)) for scholarships in vocational training for young impoverished Indonesian women. The impact of this training is to break the cycle of poverty. In Bali an unskilled woman may only earn \$50-70 per month, whilst a skilled woman has capacity for earning

\$200-300 per month, which better supports her future and that of her family give permission to self-nurture, in order to be able to share their gifts with others.

### **FOR YOU: Nurture Self**

Guest speaker, Mandy Hogan (Women's Health Physiotherapist and Mindfulness Educator) will share some insights and practical strategies for how to connect with compassion for self and others. This will include the concept of having a White Day for replenishing your mental & physical health.

**WHY:** Our vision is to imbed mindfulness in the lives of individuals and within communities. The white scarf will become the mindful token for western women to wear when they take time to reduce the stress in their lives and enhance their health.

### **FOR OTHERS: Serve Others**

The purpose of the Connect with Compassion not-for-profit project is to create a cycle of giving and receiving amongst people across the globe, encouraging all to lead healthier and more balanced lives.



*Connect with Compassion*