



INDIA CLUB Forum "Breaking Barriers" In Collaboration with CMRC



Empowering Dynamic Wellness in Multicultural Communities

ALL Women & Men of Australian & Multicultural Communities are welcome to this **FREE EVENT**

4 Prominent speakers will share their Empowering Words of Wisdom

Energising Interactive Interesting Talks covering variety of topics enhancing Wellness, Environment & Harmony in our Multicultural communities

Free Event

DR Michelle Byrne - Mayor The Hills Shire Council

Empower to Break Barriers How to respond to a depressed person

Senior Constable Wayne McGrath - The Hills Police Area Command

Elder Abuse Awareness Beware of Scams and stay safe

Kathy McGiffen - Professional Organiser - Create The Life You Love

Overview about organising and decluttering

Cynthia Nathan - 3R Counselling Relationship Reality Responsibility

Build Stronger Relationships - Significance of a Pre-Marriage Course

Poonam Kathuria - Volunteer, Motivational Speaker on Health & Wellbeing

Short Meditation & Yoga Session

Tea Coffee Snacks

10th July Wednesday 10:30 am to 1:15 pm - 10:50 start @ **Castle Grand Rebellion Room**, 14 Pennant St (Cnr with Castle Street), Castle Hill

**RSVP
Necessary**

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