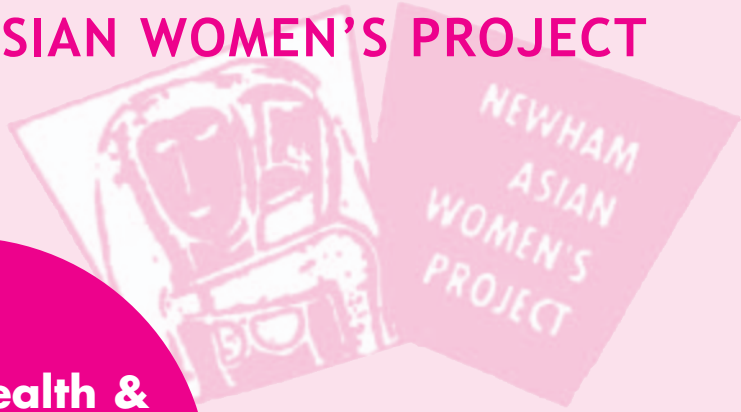


NEWHAM ASIAN WOMEN'S PROJECT



FREE Health & Wellbeing Event for Women & Girls

Join us for a great day of **FUN, PAMPERING** and the **FEEL GOOD FACTOR!**

date: Wednesday 30th November 2005

venue: The Old Town Hall Stratford
29 The Broadway Stratford London E15 4BQ

time: 11am - 5pm

Please note this is a **WOMEN ONLY EVENT!**

... An event for your mind, body & soul

Limited childcare facilities will be available on the day, please enquire for further details

- A healing tent offering **FREE massages & therapies** (including reflexology, Indian head massage, shiatsu, traditional thai medicine massage)
- We've got a **FREE juice bar**
- Information about mental health & positive coping strategies
- A sexual health information stall providing **FREE information & contraception**
- Breast cancer awareness
- The opportunity to have a **FREE Personal MOT** (i.e. blood pressure checks, diabetes checks, weight checks, dietary consultations etc)
- **FREE mendhi & beauty therapy treatments**
- Information about alternative therapies / treatments
- The Newham Bookstore
- Local Service Provider information stalls
- A range of demonstrations on healthy living / fitness (e.g. T'ai chi, yoga, belly dance therapy)
- Music & entertainment
- **FREE goodie bags**

and much much more...!

For more information or to hold a stall, please contact:
The Zindaagi Team on 020 8472 0528 or gvirdee@nawp.org
Fatima Seedat on 020 8536 1397 or fseedat@nawp.org