



The  
Family  
Co.

# HER HEALTH HER POWER

International Women's Day Brunch 2025

**Join us this International Women's Day for a morning dedicated to celebrating & empowering women.**

This year we are focusing on Accelerating Women's Wellness and Health, highlighting the critical role that women's well-being plays in building stronger families and communities.

Whether you're looking to motivate your team, network with like-minded individuals, or simply take time to reflect on the importance of women's health, this event is the perfect way to mark International Women's Day.

## EVENT HIGHLIGHTS

**Q+A Panel Discussion** featuring inspiring women in business, health, and leadership.

**Networking Opportunities** to connect with passionate change-makers.

**Interactive Activities** to nourish mind and body.

## MEET OUR IWD PANELLISTS

We're excited to introduce the incredible women joining our International Women's Day Brunch panel:

- **Mimi Kilbey** - Mental health advocate sharing insights on resilience.
- **Tam Kerr** - Personal trainer specialising in women's health and well-being.
- **Raegan Williams** from SNDYS The Label - Businesswoman redefining success in fashion.

These inspiring women will lead conversations around women's wellness, health, and empowerment.

Together we can create a healthier, stronger future for all women. **Together, we can create change!**

**WHEN:** Friday 7th March 2025

**TIME:** 9.30 - 11.30am

**WHERE:** Como Hotel

**COST:** \$70 per person

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TICKETS

