



International Women's Day

CELEBRATING THE WINS EVENT AGENDA 2023

- 9.30am** Arrival - Coffee & Networking
- 10.00am** Welcome & Introduction - Lynn Bailey
- 10.10am** Vicky Bailey - Self care - what wait!
- 10.30am** Belinda Beaver - Keeping my World in Order
- 11.00am** Comfort Break
- 11.15am** Gemma Hillier - MOVE Charity
- 11.45am** Tracey Witty -
Why Vitamin B12 is Commonly Misdiagnosed
- 12.30pm** Lunch
- 1.30pm** Jo Round - Mindfulness
- 2.00pm** Vicky Bailey -
Self Care; Overused Words, Underdeliver Action
- 2.30pm** Coffee, Cake & Networking