

MANCHESTER INTERNATIONAL WOMENS DAY
- 2016 -



Wythenshawe Women CAN!

11 March 2016 | 10am to 4pm

You can spend the day or drop in when you feel like it.

Challenge yourself. Try something new. Make it today!

FORUM CENTRE, SIMONSWAY, WYTHENSHAW, MANCHESTER M22 5RX

Tel: 0161 935 4020

Twitter: @WythWomen

Hashtag: #WythWomen2016

www.wythenshawewomen.co.uk



Wythenshawe Women CAN!

Bring this card with you on the day and collect five stamps from different stalls for a free healthy lunch at the Forum Café. Then collect another five stamps and hand the completed card into reception at the end of your visit to be entered into a prize draw.

Challenge yourself. Try something new. Make it today!

This is your day to do what you want... spoil yourself, learn something new, join in with activities, get information, exchange views, find out what is going on for women in Wythenshawe throughout 2016.

Young or not so young, celebrate being a woman!

- Watch cooking demonstrations
- Enjoy some healthy food tasters
- Begin your journey to a healthier you
- Have fun and get fit with your children
- Get involved in volunteering
- Have a free swim
- Learn a new skill
- Pamper yourself
- Get advice and information



Name: Age:

Address:

Postcode:

Tel: Email: