



JOIN RIVERS LPC TO  
CELEBRATE

# INTERNATIONAL WOMEN'S DAY 2024

The theme of IWD 2024 #InspireInclusion is to forge a more inclusive world for women.

## IWD Event: A Better Life workshop

Date & Time: Thursday 7 March | 9:30 AM – 1:30 PM

Location: Broadfield Community Centre, Crawley, RH11 9BA

FREE ENTRY – PLEASE CONFIRM YOU WILL BE ATTENDING

*"When we inspire others to understand and value women's inclusion, we forge a better world. And when women themselves are inspired to be included, there's a sense of belonging, relevance and empowerment."*



## Coaching Session & Activities

With James Bulman of Melior Vita (A Better Life),  
DIPADA - A tool to structure your thoughts and actions, such as  
to achieve your every day goals.

## Poetry Workshop

With Melior Vita and Parveen Khan, celebrating the  
strength, resilience, and diversity of women from  
every walk of life!



## Self-Love Motivational Talk

With entrepreneur Suzi Fish, who is a passionate  
advocate for natural beauty and self-care. Suzi's  
talk delves into the transformative power of self-  
care on success and mental health.

#IWD2024 #INSPIREINCLUSION #INTERNATIONALWOMENSDAY #RIVERSLPC



[melior-vita.com/thirdsector](http://melior-vita.com/thirdsector)

[info@melior-vita.com](mailto:info@melior-vita.com)

0330 127 0317



[www.riverslpc.org](http://www.riverslpc.org) | Office: 0330 057 6006 | WhatsApp: 07539 995328 | [contact@riverslpc.org](mailto:contact@riverslpc.org)

Rivers LPC is a Local Women's Charity based in Crawley, West Sussex.

(Registered Charity Number: 1164574)