



A celebration of



International Women's Day

at

Clovenstone Community Centre

Tuesday 6th March

Free workshops and activities all day

To book a place or for more information

Contact: Sas or Soozin on 453 4561 or simply turn up on the day!



International Women's Day

#pressforprogress

Full programme

10-10.45am Dance with WHALE Arts

Fun and active “pick n mix” dance class with Sinead from WHALE Arts designed for parents and toddlers

10.30am-12.30pm Reflexology

Relax and unwind in this drop in reflexology session, for over 16s only

11am-12pm Poetry/Creative Writing with Scottish Poetry Library

A taster session with Hannah Lavery from Scottish Poetry Library sharing and writing poetry from inspirational contemporary female authors.

12-1.30 pm Tasting Change Lunchtime cooking session

Help Stacey from Tasting Change cook up a healthy and delicious meal for all participants, and enjoy eating it of course.

1.30-2.30 pm Arts and Crafts

In 100 years I want to see.....art and craft session responding to the #pressforprogress theme.

2.30-4pm Tasting Change Energy Balls and Tote Bag

Two super activities to choose from with the Tasting Change team:

Working with Louise learn how to make her nutritious energy balls to supercharge your batteries.

Working with Julie create your own inspirational message tote bag to take home.

4-5pm Art with WHALE Arts

Inspired by #PressforProgress, the theme of International Women's Day, create your own posters and mini booklets with empowering messages and images.

6-8pm Family Film night

Spend a cosy evening at the centre with popcorn and a film to bring our fabulous day to a close.

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