

IN A GOOD PLACE

— for the year ahead —

RURAL WOMEN'S WELLBEING PROGRAM

Because every season deserves a woman who is supported too.

LIFE ON THE LAND MOVES IN SEASONS.

Harvest. Seeding. Rain. Dust. Long days. Late nights.

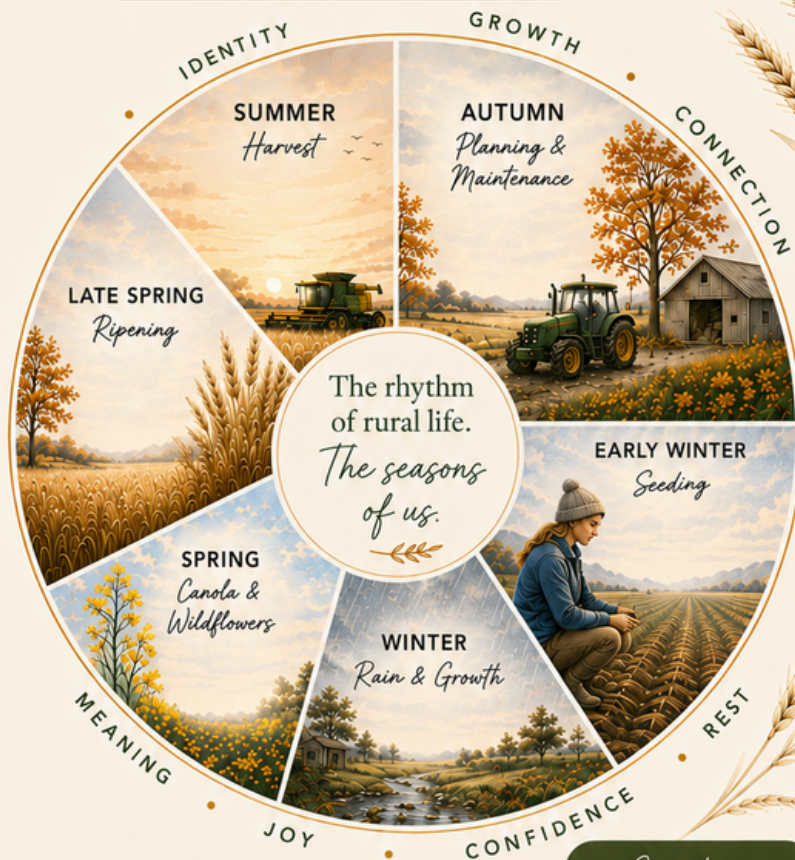
While the farming calendar keeps turning, it's easy to forget that we move through seasons too.

The Rural Women's Wellbeing Program has been created especially for women living and working in farming communities across the Midwest.

Through inspiring workshops, practical tools and ongoing connection, you'll explore simple ways to strengthen your wellbeing, reconnect with yourself and build habits that support you through every season of life.

Whether you join us in person or online, you'll become part of a community of women who understand the unique rhythm of rural life.

Because healthy farms need healthy women too.



TOGETHER WE'LL EXPLORE...

- Reconnecting with who you are beyond the many hats you wear
- Practical strategies to reduce stress and overwhelm
- Sleep, nutrition and movement that work in real life
- Building confidence and making yourself a priority
- Finding joy again in everyday moments
- Meaningful conversations with women who simply "get it"
- A beautiful wellbeing workbook to keep long after the program finishes

FLEXIBLE TO SUIT RURAL LIFE

- Attend workshops in Perenjori
- Join online from wherever you are
- Access practical resources and a guided workbook
- Stay connected through a supportive community of women

Scan to register



thebusinesssocial.com.au/event-details/in-a-good-place-for-the-year-ahead-rural-womens-wellbeing-program

FOR RURAL WOMEN IN THE MIDWEST & SURROUNDS • IN PERSON & ONLINE OPTIONS



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Perenjori
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FRRR
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*Stronger women.
Stronger farms.
Stronger communities.*