



Women and Girls' Wellbeing Expo 2024 Guide

Welcome to the inaugural Women and Girls' Wellbeing Expo. Your hosts are Zonta Club of Caboolture.



Entrance to the Morayfield Community Hall – Patio area and entrance

Ticket Booth	Terry Young's Popcorn Cart	Morning Tea Eating Area
Show your ticket to enter. Get your show bag. Wear your Zonta wrist band to come and go during the Expo and enter workshop rooms.	Terry Young MP has kindly provided the popcorn cart for all visitors today. Collect and enjoy your free popcorn during the Expo.	Use the vouchers in your showbag to get your free morning tea and drink from the kitchen inside. Table and chairs are provided to sit and relax outside under the patio.

Zonta Club of Caboolture	Raffle Prizes	Information
Zonta is an incorporated club with the aim of building a better world for women and girls through service and advocating. We are a member of Zonta International and support their campaigns, mission and vision for a world with gender equality in all areas of life.	Raffle prizes donated by Zonta Club of Caboolture, our providers and local businesses including Silk Laser Clinics, Deep Grey Photography and Lions Club will be on display at the entrance. Buy your raffle tickets for the group of prizes you want to win.	For any additional information or assistance at the Expo, including first aid, please go to the Zonta Club of Caboolture stall at the entrance of the Hall.

Stall Area 1: Front middle

Candles by Carolz	Crime Stoppers	RUOK Display
 @candlesbycarolz czelow@bigpond.net.au Candle making is a hobby for me, that I get great satisfaction on being able to share with you. Beautiful hand-made candles including different fragrances, soy candles in decorative glass containers and more.	 Crimestoppersqld.com.au Crime Stoppers Queensland is a registered charity and community run organisation that is supported by local volunteers across the state. We are committed to make a safer Queensland for our communities. We are selling personal safety devices.	 RUOK.org.au The RUOK display will have resources available. The Ambassador for RUOK, Anita Hogan will be walking around the Expo with her RUOK t-shirt on and available for chats. Hear Anita at the Emotional Wellbeing Workshop.

Weight Reduction Club of Caboolture Night	Creative Wellness with Cassadra Lee	Moreton All Body Care
 U3A Building, Short St, Caboolture Weight Reduction Club of Caboolture Night meets weekly promoting a healthier lifestyle for everyone using healthy eating and exercise.	creativewellness.com.au Creative Wellness's mission is to empower individuals to connect with their true selves and embrace their emotions through holistic artistic therapy. I believe in nurturing resilience and self-worth by integrating emotional, intellectual, and physical wellbeing into every session. I aim to create a safe and vibrant space where clients can explore their creative potential, develop skills for emotional and physical regulation, and confidently shape the lives they desire. Go on a journey of self-discovery, allow your true essence to shine.	 moretonallbodycare.com.au Moreton All Body Care is an Allied Health Clinic featuring physiology, dieticians and remedial massage services. As part of our physiotherapy team we have Kristin Tyssen, who has a special interest in pelvic floor physiotherapy and can provide expert services to women experiencing bladder and bowel concerns, prolapse management, pregnancy and post-partum care and pelvic pain.





Workshop Presenter


Showbag contributor


Raffle prize contributor


Products for sale



Broken to Brilliant	Vibrant Family Chiropractic	Burpengary Probus Club Inc.
 <p>Broken to Brilliant is an Australian not-for-profit charity established in 2015 by domestic violence (DV) survivors to mentor fellow survivors to re-establish their lives after abuse. We help survivors in their journey towards recovery, healing and rebuilding. Our aim is to reduce the long-term impact of DV by offering transformative programs and training in a caring environment.</p>	 <p>Vibrant Family Chiropractic has been a trusted provider in the community for over 10 years, specialising in personalised chiropractic care for all ages – from infants to seniors. Our experienced team tailors techniques to suit every stage of life, ensuring optimal health and well-being for your entire family. We're dedicated to helping you make healthy lifestyle choices that prevent long-term health problems. Through regular in-house workshops on topics like healthy eating, women's hormonal health, and stress management, we provide practical tools to support your wellness journey. Your family's health is our top priority.</p>	 <p>A Probus Club is a local association of retired and semi-retired people. Clubs meet regularly for fellowship and to provide regular opportunities for keep our minds active, expanding our interests and enjoying the fellowship of new friends. Our focus is 'fun, friendship, and fellowship'. Each club is autonomous and chooses its own rules and programme. Join us to enjoy a fuller life.</p>

Lions Club Caboolture North



lionscabnth@gmail.com

Lions Clubs provides a whole range of opportunities for people of all ages including young people. Leos encourage young people to become involved in local community service in all sorts of ways. Through local environmental projects, fundraising, supporting those in need, and working with their local Lions Clubs. Leos are also about being social and having fun while working with others. Leos are also important in leading our organisation to better understand the needs, wants and aspirations for our future Lions. Alpha Leo Clubs are for young people from the age of 12 to 18 and Omega Leos from 18 to 30 years old.

Stall Area 2: Middle

Headspace Caboolture	Caboolture Hospital Breast Care Unit	Kyabra Community Association
<p>headspace.org.au/headspace-centres/caboolture</p> <p>headspace Caboolture aims to meet the evolving and unique needs of young people within our community. We provide services to young people of all walks of life and aim to connect and provide the right services to each and every young person. headspace can help young people with mental health, physical health (including sexual health), alcohol and other drug services, and work and study support. We aim to create a safe space at our centre ensuring young people can access the mental and physical health support they need, as well as providing any help to assist in minimising other stressors they may be faced with.</p>	<p>metronorth.health.qld.gov.au</p> <p>The Caboolture Hospital Cancer Care Service is dedicated to supporting you through a cancer diagnosis, treatment and follow up care. We provide specialist services to the Moreton Bay, Caboolture and Kilcoy region so you can receive cancer care closer to home.</p>	<p>kyabra.org</p> <p>We deliver services across Brisbane Southwest, Moreton Bay, Sunshine Coast and Gympie. We offer a range of specialist housing and homelessness services, specialist domestic family violence services, financial resilience, family relationship services, HUB early years, NDIS support coordination and support worker services, foster and kinship care and neighbourhood centre services. Our Moreton Bay services include Keys to Early Intervention in homelessness, a tenancy sustainment case management housing program and safe and connected housing, supporting people experiencing homelessness and housing stress due to the impacts of domestic and family violence.</p>



Workshop Presenter



Showbag contributor



Raffle prize contributor



Products for sale



Share the Dignity



sharethedignity.org.au

Share the Dignity works to make a real on the ground difference to the lives of women, girls and those who menstruate, those who are experiencing or at risk of experiencing homelessness, domestic violence, or poverty. We distribute period products to those in need and work to achieve menstrual equity here in Australia.

Simply Nutrition Dietitians



simplynutritiondietitians.com.au

Simply Nutrition Dietitians is a team of highly experienced dietitians and nutritionists ready to support you in achieving your health-related goals. We have been providing diet and nutrition advice and support to individuals and businesses for over 10+ years, becoming renowned for our industry-leading quality care and service delivery. You, our clients, are at the centre of why we do what we do. When you engage with Simply Nutrition Dietitians, we will ensure you feel supported, understood and positioned to achieve the success you desire.

Be Uplifted



beuplifted.org.au

Our motto is "people not research". We are a volunteer-based organisation funded by 2 op-shops. We support survivors of breast cancer by providing financial, psychological and physical support to aid recovery. Some of our services include food vouchers, parking fees, counselling sessions, therapies (art, Bowen, Diversional).

Caboolture Neighbourhood Centre

caboolturenhc.com.au

Caboolture Neighbourhood Centre provides a range of diverse programs including Caboolture Family Support Service (counselling and financial support, budgeting), Community Action for a Multicultural Society (CAMS), Neighbourhood Centre Initiatives including workshops and programs that build community capacity responding to the needs, safety and wellbeing of individuals, families and diverse community groups, and other support services and activities. Come and chat with us and see how we can support you and your family to live life better.

Helen Edwards (Physiotherapist)



helenedwards.au

I work with midlife women to help them transition through menopause and reduce the risk of long-term health outcomes to regain control and embrace this next phase of life with vigour, passion and enthusiasm for each day. My background as a women's health physiotherapist as well as training in equine assisted therapy and counselling allows me to provide a holistic approach to midlife. I provide group coaching online or paddock-based workshops with the support of horses at Narangba or Moorina. Online group CBT workshops for managing hot flushes also offered.

Centre Against Domestic Violence



cada.org.au

CADA is a not-for-profit organisation supporting people who have experienced domestic and family violence. We support all people experiencing domestic and family violence regardless of sexuality or gender. We aim to empower our clients and minimise power differences between our staff and clients.



Workshop Presenter



Showbag contributor



Raffle prize contributor



Products for sale



Foundations for Health



foundationsforhealth.com.au

Foundations for Health is a holistic health care service established by qualified nutritionist Kelly Robinson (BSc NUTDMED, CPN). Combining science-based knowledge with a natural health approach. Kelly works with clients to optimise their diet and lifestyle habits according to their individual needs and health goals. Kelly works with people via confidential clinical consults to support a wide range of health symptoms and concerns. She also runs regular educational workshops on a variety of health and nutrition topics in Woodford and Glasshouse Mountains.

Elizabeth Eaton Counselling



elizabetheatoncounselling.com.au

At Elizabeth Eaton Counselling and Parenting Support Service, I provide a safe, supportive environment where children, adolescents, adults, and families feel empowered to share their stories and explore their challenges. With over 20 years of experience as a social worker, I use a range of modalities, including expressive therapies, to help clients navigate their emotions and experiences. I work with a variety of presenting issues, always taking a personalised approach to meet each client's unique needs.

**Jennifer Richardson
Golden Drops – Turmeric Extract**



vidafyglobal.com/jenrichardson

Vidafy Global distributes a world first technology to maximise the anti-inflammatory properties of Turmeric's extract Curcumin. Countless scientific studies have been written on the effectiveness of Curcumin as a natural anti-inflammatory, however its poor rate of absorption has always been a barrier to significant benefits. Our BioMS nanotechnology overcomes this barrier to absorption with remarkable results, by allowing the body to absorb the Curcumin at cellular level into the bloodstream in 5 mins and remaining there for 24 hours. Ten drops a day of our Golden Drops supports wellness for less joint aches and pains, better sleep, mental and emotional wellbeing, mental clarity, better mobility, more energy, balanced hormones and so much more. Science and nature united.

Stall Area 3: Right side

**Tracey Walker
Turning Point 4U**



turningpoint4u.com.au

Tracey Walker is an author, speaker, and practitioner; she is a gentle guide to profound change. With over three decades of lived experiences and dedicated practice, Tracey embodies the calm, reflective essence of transformation. In her thoughtful presentations, Tracey guides individual form where they are to where they aspire to be. Her passion is in nurturing the inner light within each person, leading them towards self-realisation and empowerment.

The Brain Awareness Centre

thebrainawarenesscentre.com.au

The Brain Awareness Centre supports those affected by brain injury and raising awareness around the issues faced living with this life altering event. The Brain Awareness Centre also actively promotes the sunflower as a symbol for hidden disabilities. We empower Acquired Brain Injury (ABI) survivors and their carers. Connect with our supporting community over morning tea. Enjoy enlightening conversations, learn from guest speakers, and share your journey with others that understand.

Women's Wellbeing Association



womenswellbeing.org

Women's Wellbeing Association is a not-for-profit organisation run by volunteer women, making a difference in the lives of women in our communities throughout Queensland. Over the last 22 years, we have been embodying the principles of healthy wellbeing and taking action to contribute to the enrichment of our lives, strengthen our families, and create thriving and inclusive communities that positively impact the wellbeing of all individuals involved. We do this through our signature program, Womanhood, our online and in person Share Circles, the Annual Everywoman Gathering and a weaving of many other amazing events. All our offerings are dedicated to initiating education, consciousness and empowerment raising activities for the health and wellbeing of women.



Workshop Presenter



Showbag contributor



Raffle prize contributor



Products for sale



BPW Moreton Bay

bpwmoretonbay.com.au

The impact of Business and Professional Women (BPW) at a local level, nationally and internationally spans much further than just mere financial aid and sponsorship. BPW is passionate about supporting and advocating for women's issues the world over.

Reiki Renew



@reikirenew

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. A study from Harvard University reported that a single session of Reiki significantly improved pain, anxiety, depression, nausea and fatigue.

Stall Area 4: Front of stage

Courageous Girls



courageousgirls.com.au

We are a fun, supportive community designed to help girls aged 4 to 13+ build self-confidence, resilience, and positive friendships. Through engaging workshops and activities, we empower girls to embrace their unique strengths, develop a growth mindset, and navigate the challenges of growing up with courage and kindness. Our sessions blend creativity, discussion, and play, allowing each girl to explore her identity and feel confident in who she is. We'll showcase how we help girls thrive by fostering an environment where they can express themselves, learn valuable life skills, and form lasting friendships. Join us and discover the magic of the Courageous Girls Club!

Wisdom of the Brumby



wisdomofthebrumby.com.au

Wisdom of the Brumby is a unique sanctuary where women and girls can experience the transformative power of nature and the wisdom of wild Brumbies. We offer a variety of services including Equine Assisted Learning, Gestalt Therapy and nature-based experiences designed to foster emotional healing, self-awareness, and personal growth. Our programs are tailored to support women's wellness particularly during life transitions like menopause. Additionally, our teen girl workshops have been a tremendous success, providing young women with a safe space to explore their emotions, build confidence, and connect with others in a nurturing environment. We are passionate about empowering women and girls to thrive by tapping into natural wisdom and strength of these magnificent creatures.

Dragon's Abreast Pumicestone and Dragon Boat Pumicestone



dapumicestone@gmail.com

Dragon boating is a holistic sport, great for mind, body and soul. Dragon boating enables people to connect, move and live. We cater for most ages from 8 years up. Our oldest member is 84. Dragon boat paddling activates the endorphins and creates a sense of well-being, gives a great workout and creates a sense of achievement. In the boat you are part of a team of 22, working and having fun together. You can be social or competitive.

Caboolture Community Choir

caboolturechoir.wixsite.com/caboolturechoir

The Caboolture Community Choir is a SSA coral choir that invites men and women over 18 years with a passion for singing.

Stall Area 5: Stage

Calm Corner

Sit and relax for a moment on the floor, cushions provided. Read the calming posters. Take a load off your feet and observe others as time rolls by.

Craft for Children

Children can get involved in some arts and crafts at the craft table.

Face Painting for Children

Free face painting for children will be available on the stage. Children will need to present their face painting voucher to get their face painted. We ask that you stay close while your children are waiting. Maybe enjoy the calm corner or gratitude wheel.



Workshop Presenter



Showbag contributor



Raffle prize contributor



Products for sale



Gratitude Wheel	Announcements
<p>We invite all participants to write on a heart something they are grateful for or a positive emotion they are feeling at the Wellbeing Expo. Tie it to the Gratitude Wheel, take a selfie and post it on your social media. Don't forget to tag @ZontaClubofCaboolture #womens&girlswellbeingexpo</p>	<p>9:10 am Welcome and Acknowledgement of Country 9:15 am Workshop 1 starts in both rooms 10:05 am Raffle draw 1 10:15 am Workshop 2 starts in both rooms 11:05 am Raffle draw 2 11:15 am Workshop 3 starts in both rooms 12:00 pm Thank you for attending and close of Expo</p>

Stall Area 6: Left side

Fuel Your Life	Soroptimist International Moreton North Inc.	Marney Perna Kinique
<p>fuelyourlife.com.au</p> <p>Our dietitians are caring human-beings, who empower you at every interaction to achieve your health and wellbeing goals through personalised and practical, expert advice. We centre our care around each human being as they are, to make the experience and end goal more than just meeting nutritional requirements. At Fuel for Life, our dietitians also take the trouble out of fitting in another appointment in our already busy lives and come to you.</p>	<p>siseap.org/club-finder/189-moreton-north-inc.html</p> <p>Soroptimist International Moreton North is a volunteer organisation for women who advocate for women's gender equality, social justice and human rights. We work at the grass roots level and internationally to advocate, empower and enable women to achieve their goals and dreams.</p>	<p>Kinique Consultancy and Natural Therapies is a natural therapies clinic based in Burpengary East. I help women and girls to cope better, be more resilient and to embrace joy and happiness. I use Kinesiology and other modalities to address the affects of accumulated stress.</p>

Get Around Cabo Car Free

getaroundcabocarfree.com.au

Get Around Cabo CarFree is a community movement advocating for more transport options for people who don't drive in Caboolture and Morayfield – that's around 1 in 2 people. Women are disproportionately affected by the lack of transport options due to carer and domestic responsibilities and a lower income compared to men. Five in 10 journeys are within 5 km of home and would be easy by ebike if it were safe. Ten per cent of TMR's transport funding is for non-car local transport. Three in 10 journeys are to work. Ninety per cent of TMR's transport funding is for cars and trains. Our goals are: 1. for all children to have the possibility to ride bikes to school and during the holidays on safe streets, and 2. for all young adults to get to work or study without needing a car to avoid financial debt from early adulthood.

Kitchen

Morning Tea	Drinks	Icy poles
<p>Present your morning tea voucher for your free morning tea. Morning tea for sale at \$2.50 each</p>	<p>Present your drink voucher for a free drink. Drinks for sale at \$2.00 each</p>	<p>Children can get a free icy pole stick until sold out.</p>





Workshop Room 1 – Supper Room (next to kitchen)

Take a seat and enjoy a workshop featuring three guest speakers introducing you to a concept or idea for your wellbeing. Numbers are restricted, so once each workshop reaches capacity, we will have to stop people entering. Our workshops are structured into general themes. Each workshop will feature a quick introduction, three guest speakers speaking for approximately 10 minutes each and a 5-minute Q&A session at the end if time permits. If you don't get your questions answered please follow up by visiting the stall of the guest speaker after the workshop.

9:15 to 10:00 am | Physical and Nutritional Wellbeing

<p>Alana Morrissy Simply Nutrition Dietitians Nutrition for Wellbeing</p>	<p>Jennifer Richardson Global Drops – Turmeric Extract Taming our Life Cycles Naturally</p>	<p>Dr. Megan Torrey Vibrant Family Chiropractic Impact of Stress and Eating on Women's Hormonal Cycles</p>
<p>Join our expert dietitian, Alana who is a Credentialed Eating Disorder Dietitian, for an insightful workshop on the critical role of nutrition in enhancing physical well-being. We will explore how balanced diets, mindful eating habits and nutrient-dense foods can boost energy levels, improve overall health, and support physical activity. Get practical tips, evidence-based strategies to help you achieve your health goals.</p>	<p>This workshop will dive into the importance of creating calm and balance in our bodies to ease the symptoms that comes with the natural cycles of a women's life, no matter your age. We will explore the journey from your first period through stages of menopause and beyond.</p>	<p>Dr. Megan Torrey will guide you through the key hormones that regulate a woman's menstrual cycle, explaining how they fluctuate at different stages. Learn how stress disrupts the delicate balance of these hormones, potentially leading to cycle irregularities and other health issues. We will explore the role of insulin and its influence on hormone levels and the importance of managing diet to support hormonal health. Learn practical insights into better understanding and managing hormonal balance.</p>

10:15 to 11:00 am | Emotional Wellbeing

<p>Marney Perna Kinique Stress Management Tips</p>	<p>Anita Hogan RUOK Ambassador Mental Health and Wellbeing</p>	<p>Tracey Walker Turning Point 4U Embracing Inner Calm</p>
<p>This workshop will explore the top ten tips to address stress management and raise your life energy. Strategies aim to help counter the effects of stress build-up and assist to be more resilient and cope better.</p>	<p>In this workshop, Anita will share her insights and expertise on emotional wellbeing, mental health and suicide prevention.</p>	<p>This interactive workshop will help discover the transformative power of the 'Calm Principle' designed to help women and girls cultivate inner peace and resilience. Explore how to handle life's challenges with confidence and grace through mindfulness techniques, reflective exercises and practical tools.</p>

11:15 to 12:00 pm | Support in the journey

<p>Chris Knight Soroptimist International Moreton North Inc. Shining a Light on Invisible Illness</p>	<p>Karen Lindsay and Kris Vicca Broken to Brilliant Financial Wellbeing and Self-care</p>	<p>Robyn Frank Be Uplifted Be Uplifted</p>
<p>Join us for an interactive discussion on the importance of random acts of kindness to support people with a mental health issue and their carers.</p>	<p>In this workshop, Karen, an accountant will share insights into financial wellbeing for women who need to rebuild their lives after an event, trauma, relationship break up in their lives especially DV. And Kris will explore the importance of self-care when going through tough times.</p>	<p>Learn how Be Uplifted supports women recovering from Breast Cancer. We provide financial, psychological and physical support to help ease the journey to recovery including vouchers, care packages, therapy, counselling sessions and more. Be Uplifted delivers people-oriented care and support services.</p>



Workshop Presenter



Showbag contributor



Raffle prize contributor



Products for sale



Workshop Room 2 – Main hall (right of entrance)

9:15 to 10:00 am | Building Positive Relationships

<p>Jacinta McDonald Centre Against Domestic Abuse Healthy Relationships</p>	<p>Ann Wesener Dragon Boat Pumicestone Social, Emotional and Physical Wellbeing</p>	<p>Allen Collishaw Burgengary Probus Club Inc. What is Probus?</p>
<p>In this workshop, Jacinta will explore healthy relationships, empowerment in relationships and the Bill of Rights.</p>	<p>Explore how dragon boat paddling opens doors to emotional, social and physical wellbeing including various demonstrations of dragon boating.</p>	<p>Probus provides fun, friendship and fellowship. Learn how our clubs provide opportunities to be actively engaged, expand your interests and enjoy the fellowship of new friendships. Build positive relationships with us.</p>

10:15 to 11:00 am | Embracing Menopause

<p>Kelly Robinson Foundations for Health Balancing Hormones with Food</p>	<p>Helen Edwards Helen Edwards Physiotherapist Looking Through the Window of Opportunity</p>	<p>Rechelle Polsoni or Ashleigh Schneider Fuel Your Life Navigating Menopause with Food</p>
<p>Sometimes it can feel like our hormones are running their own show – but did you know the food we eat everyday can have a huge impact on our hormones? Simple changes to our diet can go a long way towards supporting this balance and reducing our symptoms – which makes it easier to embrace life whatever stage we are at.</p>	<p>Although there are some scary statistics for women's health following menopause there are opportunities to make significant changes that positively impact women's long term health outcomes. Take a brief glimpse at the possibilities available to midlife women.</p>	<p>Become empowered by a Fuel Your Life dietitian, on the challenging phase of life, menopause. You will leave having learnt about menopause, the various stages, hormonal shifts, metabolic changes that occur and the dietary strategies recommended to manage menopause and why they work. You will leave with a free meal plan guiding you through post-menopause nutrition.</p>

11:15 to 12:00 pm | Raising Happy Children and safety

<p>Danielle Davy and Tara Wallace Wisdom of the Brumby Connection</p>	<p>Samantha Bell Courageous Girls Friendship Tree</p>	<p>Wendy Nash Get Around Cabo CarFree Transport Safety</p>
<p>Connection is a fundamental survival need, fostering belonging, self-esteem, and the ability to navigate challenges. At Wisdom of the Brumby, our teen girl workshops have successfully harnessed the unique abilities of brumbies to teach awareness of self and others. Being with brumbies required clear, consistent communication, allowing teens to experience the impact of their actions and emotions in real-time.</p>	<p>Join us for a heartwarming "Friendship Tree" workshop, to explore the key elements of positive relationships through creativity and conversation. You'll create your own friendship tree, adding leaves that represent trust, communication and support – everything that makes a friendship grow strong. An opportunity for bond and share.</p>	<p>Get Around Cabo Car Free is a community movement advocating for more transport options for people who don't drive including children in Caboolture and Morayfield. This workshop will explore safe streets for our children, pedestrians and bike rides and the impact of driving. Women and their children are disproportionately affected by the lack of transport options.</p>



Workshop Presenter



Showbag contributor



Raffle prize contributor



Products for sale