

Richmond Football Club, together with VicHealth's This Girl Can – Victoria campaign and Aligned Leisure are delighted to invite you to attend a luncheon to celebrate women who are all kinds of active. Women who are giving it a go, no matter how well they do it, or how red and sweaty their face gets.



VicHealth shows that 41% of women are too embarrassed to exercise in public and women are twice as likely as men to worry about being too unfit to exercise. Together, we can change this.

Join us, Richmond Football Club, alongside Wodonga Sports and Leisure Centre and VicHealth to learn more about the barriers that prevent women from being active and effective ways to help overcome these to increase female participation in your program and the wider Wodonga region.

Hosted by Richmond Football Club's Tiffany Cherry, our panellists will include:

- ✕ Akec Makur Chuot – Richmond VFLW player
- ✕ Nida Shafat – This Girl Can Victoria ambassador
- ✕ Kate Parremore – This Girl Can deaf participant
- ✕ Candice Marzano – Wodonga local

We will also hear from Border local and Olympic star, Lauren Jackson on her journey from professional basketball to mum of two, City of Wodonga Mayor, Cr Anna Speedie and VicHealth representative, Melanie Fineberg. In addition, a 40 minute free yoga class at the conclusion of our event will be available to all attendees, with mats provided. Please register when you RSVP, as spots will be limited.

DATE: May 30, 2019

TIME: 12–2:30 pm.
A light lunch will be provided

WHERE: The Cube Wodonga
118 Hovell Street, Wodonga

RSVP: reception@richmondfc.com.au



#ThisGirlCanVIC



Richmond Football Club is a proud partner of VicHealth's This Girl Can – Victoria campaign, a celebration of women who are all kinds of active. Aligned Leisure is a 100% owned subsidiary of the Richmond Football Club.