

BOOK LAUNCH

# WOMEN IN WELLBEING AOTEAROA

by Chenin Madden



Join us in celebrating of Mental Health Awareness Week with the launch of *Women in Wellbeing*, a book that showcases 55 Kiwi women dedicated to nurturing the physical, emotional, and spiritual wellbeing of others.

From Māori healing traditions to modern wellness practices, discover how these women are transforming lives across Aotearoa.

Light refreshments will be provided.

Thursday 26 September  
5.30pm - 6.30pm  
Queenstown Library

*All profits from book sales go to supporting Women's Refuge*

For more info please contact:

QUEENSTOWN LIBRARY



queenstown.library@qldc.govt.nz



03 441 0600

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Enriching minds and communities : Te whakapuāwai i kā hinengaro me kā hapori

libraries  
whare pukapuka  
Queenstown Lakes

CREATING  
BALANCE



MHAW  
Mental Health  
Awareness Week