

NEWS RELEASE

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ALL WOMEN WELCOME!

On Saturday 6 March women from across the county will gather in Littlehampton to celebrate International Women's Day.

The event at the **Tamarisk Centre, Beach Road**, starts at 10am and continues until 4pm. Women are invited to come for the whole day or just to drop in for an hour or two. There will be dancing, singing and chanting from many nations, games, therapies, crafts, workshops, displays and delicious food with an African international flavour. Entrance is free and open to all women and children (boys up to 12 years).

Our special theme this year is **FOCUS ON AFRICA - Women's Direction and Power**. There will be many opportunities to learn about projects and campaigns led by women to improve the lives of their communities in different parts of Africa and to find out what we can do to help.

This will be the 16th event organised by the Arun International Women's Day Group. One of the organising team Cleo Matthews says "We have planned a day full of opportunities to learn, creativity and fun! You will be able to take time out for a head massage, join a singing workshop or play party games. There will be drumming and dancing, pilates, yoga and much more! "

New members for the organising group are always welcome. For more information please phone 01903 739046 or email aiwdg@yahoo.co.uk

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Issued by Arun International Women's Group

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