



BPW SOUTH WEST INVITES YOU TO JOIN WITH US

August Dinner Invitation

Tuesday 2nd Aug 2022 6.30pm
Beach Kiosk & Café Warrnambool

LET'S TALK MASSAGE!

Massage, in general, is an effective way
to calm the nerves and relax the body.



Remedial massage offers more benefits than just relaxing the body and mind. It is a form of manual therapy focused on treating deep layers of muscles and connective tissues that are tense, immobile, knotted, or damaged with a focus to release muscle tension, enhance function and boost the natural healing process. Remedial massage is a holistic massage therapy that involves the assessment, analysis, and treatment of musculoskeletal dysfunctions and injuries.

We know our member, Narelle McNamara, through her yoga business, Body and Mind for Wellness, but did you know Narelle is also a sports trainer? Narelle will speak about the many benefits of massage and demonstrate a self-massage technique that we can utilise ourselves.

Stewart Wines is the owner and massage therapist at the local business, Warrnambool Harmony Health. He is a qualified Emmett Technique practitioner. Stewart will be giving us an introduction to his style of treatment and its uses and how it can be incorporated into other treatments.

Narelle and Stewart are currently enrolled at SW TAFE to further their skills and gain their Diploma of Remedial Massage. During school terms the students train in SW TAFE's Pure massage clinic offering remedial treatments. Further details on this service at our meeting.



As always, our nights offer great networking and we look forward to seeing you there.

REGISTER HERE

RSVP 29th July 2022

Cost: \$50 Members \$55 Guests

Glass of Bubbles or soft drink and Two Course Dinner

BOOKINGS: www.bpw.com.au/southwest

Beach Kiosk & Café 72 Pertobe Road Warrnambool

BPW South West is a great networking opportunity for local women. The membership represents a wide range of local businesses and professions with a strong focus on professional and personal development. Each month vibrant guest speakers present on business and wellbeing topics of interest over dinner at a local venue. The group provides opportunities for members to form friendships and to showcase their business services to other members and guests, increasing local exposure.