



Join Local 199 Women's Committee

National Day of Remembrance and Action on Violence Against Women

December 6th
6:30 pm-8:30pm

124 Bunting Road
St.Catharines,On

All are welcome

Candlelight Vigil

To remember and honour the countless women
who have suffered gender based violence.

Guest Speaker

Calming Yoga Nidra Meditation

No experience necessary
All you do is lay down or sit in a chair and listen

Healing Gong Bath

All you do is listen and feel the vibrations of the
sounds of the gong

Light refreshments will be provided

We are kindly accepting donations of women's and children's
pajamas. Your generosity will make a meaningful difference.

You're encouraged to wear white.
Also please bring a yoga mat and/or a blanket.

To learn more visit www.unifor199.org

**RSVP to Women's Committee Chair Rose McIntosh
by November 24,2023
rosemcintosh199@gmail.com or call/text 289-241-5488**

