

## Heels That Heal – 31st October 2009 – Westfield, London



Sign up and step up to be part of a world record attempt, shop till you drop, rub shoulders with the stars AND raise money for Wellbeing of Women.

At 10am on 31st October we hope to see thousands of women do a one mile lap of Westfield in their high heels. Walkers will get a wristband entitling them to a range of discounts in many stores. It costs just £5 to take part – register here today.

## News from Wellbeing of Women

### An Action Packed September

September was our Healthy Woman Campaign month and we kicked off with the **Adidas 5k Women's Challenge** in Hyde Park on 6th September with a big team walking, running or jogging the distance.

This was followed by the **WoW Show** – The Essential Women's Health Event on 19th September where we offered the general public seminars on a wide range of topics (more info here).

On 27th September Fabulous Magazine launched the **Heels That Heal** campaign aiming to raise £500,000 for Wellbeing of Women (more here)

And finally on 30th September our **Volunteer Conference** saw members from our Branch Networks and fundraising committees come together to exchange ideas and here how the money they raise has been spent.

## Future Events

### Menopause Talk – 12th October 2009, Basingstoke

Our East Hants branch have organised a Menopause Talk by Peter Bowen-Simpkins to be held in Basingstoke – more info here.

### Pub Quiz – 14th October 2009 – The Commander, Notting Hill, London

Our London Pub Quiz returns, places are limited call Chantelle on 020 7726 6400 to book a team (tickets £40 per person include dinner)

### The City Christmas Fair - 7th December 2009– Draper's Hall, London



WELLBEING OF WOMEN  
**CHRISTMAS FAIR**

The Wellbeing of Women City Christmas Fair returns to Draper's Hall on 7th December, a fantastic one stop shop for all your Christmas presents, stocking fillers, food, drink and maybe even something for yourself? Find out more here.

### A Celebration of Christmas – 10th December 2009 – St Marylebone, London

Returning to our beautiful parish church of St Marylebone on Marylebone Road, the Celebration of Christmas will be a mixture of traditional and modern readings, with candlelight and carols to get you in the mood for the festive season. Further details in our next newsletter.

## Past Events

### LK Bennett Shopping Evening - September 2009

Another very successful shopping evening was held at the LK Bennett store in Covent Garden, London on 30th September, earlier in the month the Cambridge branch also had great success with their LK Bennett event.