



CAMDEN COUNCIL INTERNATIONAL

# INTERNATIONAL WOMEN'S DAY

## Program

Camden Council would like to invite women in the Camden Local Government Area to enjoy a variety of activities to celebrate International Women's Day. Enjoy a movie out with your friends or participate in a workshop to make some time for yourself and focus on your wellbeing. International Women's Day is celebrated traditionally on 8 March and this year's theme is "#AccelerateAction celebrating women's achievements and an equitable world for women.

#ACCELERATEACTION



# MOVIE MONTH

Camden Council's International Women's Day annual movie program will now run from 8 March to 31 March 2025. During this time period, Camden residents can purchase a subsidised movie ticket to see *Bridget Jones: Mad About The Boy*, *Hard Truths* or *Snow White* (Available from March 20th).

- WHEN** 8 March - 31 March 2025, any session time
- WHERE** United Cinema Narellan, Cnr Queen and Elyard Street, Narellan
- TICKET PRICE** \$10 for general seating and \$15 for recliner seating and includes popcorn and a beverage. Tickets are limited so book early to secure your spot.
- TO BOOK** Please book in person through the Box Office at United Cinema's Narellan and quote 'Camden Council International Women's Day 2025'.



## FREE FITNESS CLASSES

Camden women are invited to participate in free fitness classes to promote health, wellbeing and relaxation. Register for one or all of the sessions across both our leisure centres.

**WHERE** **Oran Park Leisure Centre**  
74 Central Avenue, Oran Park

**Free Yoga Class:**

Monday 10 March  
10.30 - 11.30am

**Free Aqua Class:**

Wednesday 12 March  
7.30-8.15pm

**WHERE** **Mount Annan Leisure Centre,**  
368 Welling Drive, Mount Annan

**Free Fit 'n Fab Class:**

Wednesday 12 March  
8.30-9.30am

**TO BOOK** Yoga Class - [Bookable](#)  
Aqua - [Bookable](#)  
Fit N Fab - [Bookable](#)

# INTERNATIONAL WOMEN'S DAY LIBRARY DISPLAY

Camden, Narellan and Oran Park libraries will celebrate International Women's Day with a display of books celebrating amazing women authors celebrating this year's theme #AccelerateAction throughout the month of March.

International Women's Day is a global celebration to mark the social, economic, cultural and political achievements of women.

Join us and choose a book from our display list by women's authors about women to celebrate with us.

## FREE WOMEN'S SELF DEFENCE CLASS

Camden women aged 18 and over are invited to participate in a free introduction to self-defence class at The PIT Martial Arts, Health & Fitness Centre.

The class will cover a range of basic tools to empower participants and apply learned skills in a safe and controlled environment. Develop your tools and street smarts to help control your world with more confidence.

- This session can be enjoyed by those that wish to learn and try hands on self-defence skills. Instructors will answer your questions about your personal safety and can discuss scenario strategies.
- The session will be taught by 2 Instructors with 30+ years' experience
- Learn new skills in a unique, exciting and safe atmosphere to promote your health and confidence.

Participants should wear white or coloured soled sport shoes (not black soled shoes) or can participate barefoot. Please wear comfortable clothes with minimal buttons and zippers and remember to bring a drink bottle with water only.

### WHEN

#### Morning Session:

Wednesday 19 March,  
11.30 – 12.30am

#### Evening Session:

Wednesday 19 March,  
6-7pm

### WHERE

The PIT Martial Arts,  
Health and Fitness Centre  
Unit 10/156 Hartley Rd,  
Smeaton Grange

### TO BOOK

[Bookable](#)  
or call (02) 4645 5106.  
Places are limited



# 2025 CAMDEN COUNCIL INTERNATIONAL WOMEN'S DAY GALA EVENT

Join us as we proudly celebrate the achievements of local women at the fifth annual International Women's Day Gala. Set against the stunning backdrop of Gledswood Homestead & Winery, this inspiring evening will feature a keynote by the incredible Edwina Bartholomew, along with great company, meaningful conversations, and a chance to honour the women making a difference in our community.



Don't miss this unforgettable night of celebration and empowerment.

<b>WHEN</b>	Wednesday 6 March, 6–9pm
<b>WHERE</b>	Gledswood Homestead and Winery
<b>KEYNOTE</b>	Edwina Bartholomew
<b>TICKET PRICE</b>	\$110 per person
<b>TO BOOK</b>	<a href="#">2025 International Women's Day Gala</a>



International Women's Day



## WOMEN'S SUPPORT NETWORKS IN CAMDEN

Please see below for more information regarding available local support:

<b>Macarthur Women's Domestic Violence Court Advocacy Service</b> (02) 4640 7333	<b>Wollondilly Community Health Centre</b> (02) 4683 6000
<b>Big Yellow Umbrella</b> (02) 4647 1283	<b>Mother Hubbard's Cupboard</b> (02) 9191 4999
<b>Benevolent Society Centre for Women's Health</b> (02) 4633 3777 or 1800 077 760	<b>Turning Point</b> (02) 4655 1567
<b>WILMA Women's Health Centre</b> (02) 4627 2792	<b>Lifeline</b> 13 11 14
<b>Community Links Wollondilly</b> (02) 4683 2776	<b>Salvos Care Line</b> 1300 36 36 22
<b>Narellan Community Health Centre</b> (02) 4640 3500	<b>Link2home</b> 1800 152 152