



# Ladies Day

**Sunday, 19 November 2017**  
**9:00 am - 12:00 pm**

**Morialta Recreation Area**  
**Stradbroke Road, Rostrevor**  
**(Carpark opposite Redden Court**  
**Bus Stop 27)**



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*"The Bhagavad Gita says that a woman has seven qualities, whereas a man has only three. So, never look down upon women. They are most virtuous. They are the very embodiments of nature. Some women may think that they would have enjoyed greater freedom had they been born as men. This is a wrong notion- In fact, women are more powerful than men. With all sacred feelings in your heart, respect women and be respected. Women symbolize sacrifice."*

*- Sathya Sai Baba,  
6 May 1999*

We will celebrate Ladies Day with a waterfall walk in Morialta Conservation Park followed by a BBQ Brunch.

Make sure you wear comfortable footwear and if possible, please bring a foldable chair/picnic blanket with you. The walk can be adjusted for all fitness levels.

*All are welcome to attend!*