



ENRICH

Real connection  
in a *digital world*.

A wellbeing membership for women in Sydney

MIND BODY SPIRIT FESTIVAL 2026

[ENRICHWOMEN.COM.AU](https://enrichwomen.com.au)

# Feeling well is about *your whole life.*

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We spend our days on screens, in notifications and back-to-back commitments. What gets lost is the simple, restorative time with other women that keeps us well.

Wellbeing is more than a gym session or a green smoothie. It means caring for every part of your life. When one part is neglected, the others feel it. Enrich makes it easy to look after all of them, without adding another thing to organise.



*Research shows that time spent talking with a girlfriend helps lower stress.*

Enrich creates regular, easy moments for that conversation, whether on a morning walk, over coffee at the markets, or around a shared table.

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## BODY

Move outdoors and feel the difference fresh air makes.

## MIND

Stay curious with art, theatre and expert conversations.

## HEART

Build real friendships with women who share your outlook.

## PURPOSE

Give back to causes that matter in your city.



ENRICH FOR ME

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# What your *month* looks like

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MOVE

## Guided walks and health talks

Regular guided walks around Sydney, plus expert panels on women's health topics such as menopause.

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EXPLORE

## Sydney's cultural life

Art galleries, theatre, Brew and Browse Saturday café and market mornings, and evenings out.

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GIVE

## Dinners that do good

Foodie Club dinners at social enterprise restaurants such as Colombo Social, and hands-on volunteering with trusted partners.

*Every experience is curated, so there is nothing to plan.  
Choose what feels good, turn up, and leave lighter.*

ENRICH

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MEMBERSHIP

# Join Enrich for Me

*A wellbeing membership  
for women in Sydney.*

Visit our stand to hear about our festival-only offer.

- Guided walks every month
- Café, market and cultural outings
- Social enterprise dinners
- Expert talks on women's health
- Art galleries and theatre
- Volunteering with trusted partners

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Sign up at our stand, or scan to find out more.

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