



**Tasty meal:** Women gathered to learn about the link between food and health at an International Women's Day event at Victoria Park Lake yesterday.  
Pictures: Bianca Mibus



**Cooking pancakes:** Goulburn Valley Health's Jess Orr.

# Healthy eating message

By Estelle Griepink

Women of all ages and nationalities gathered at Shepparton's Victoria Park Lake yesterday to celebrate International Women's Day and learn about healthy eating.

Organiser Suzanne Wallis said the aim of the day was to make a link between food and health, especially for women who were resource-poor.

Healthy snacks such as meat and vegetable skewers and fresh fruit

were on offer at the event.

"We've come together to share and talk about these things — there are herbs and seedlings and fruit to take away and people can also take ideas and recipes," Ms Wallis said.

"It's all about inspiring women and empowering them through knowledge."

Goulburn Valley Health organised the event in partnership with Greater Shepparton City Council's Women's Charter Alliance Advisory Committee.



**Enjoying day:** (Back) Monica Phillips, June Murray, Macia Craig, (front) Joyce Doyle, Irene Golden and Irene Thomas.