

A FREE AFTERNOON FOR WOMEN, THEIR FAMILY & FRIENDS TO

STRESS LESS



Raise The Gong have scheduled their 4th Annual **STRESS LESS SUNDAY** for Sunday 11th March, 2012 – and we'd like to invite you to participate! Raise The Gong is a 100% volunteer run health promotion charity, based in Wollongong NSW. We raise funds to promote the health and well-being of local women, with a particular focus on women's cancer and providing Chemo Care Kits to all women who enter into chemotherapy treatment for the first time in our local facilities.

Stress Less Sunday is a free, festival-style event, held annually in Wollongong in conjunction with International Women's Day activities around the region.

The day aims to encourage local women to enjoy a day of no stress, along with their friends and family. Raise The Gong provide a free pamper tent with facials and mini-manicures, craft activities and creative workshops, activities for kids such as craft, sports, face painting and a jumping castle, along with live entertainment by local performers. This year we will also be including some market and food stalls, and exhibitions by any interested local businesses.

We are currently seeking local musical talent, stall holders and volunteers for this event – there are many ways you can be a part of this event!

Please see the attached form for further details.

If you have any questions regarding this event, please contact Raise The Gong on 0413 868 059 or via email info@raisethegong.org.au

We look forward to hearing from you soon!

Regards,

Chelsea Cappetta
President
Raise The Gong Inc.



STRESSLESS

If you would like to participate and be part of our Stress Less Sunday event, please complete the form below and return it to Raise The Gong via fax (02) 9012 0372, e-mail info@raisethegong.org.au, or post to P.O. Box 1893, Wollongong NSW 2500.

I can help at Stress Less Sunday!

I can assist with: Volunteering Holding a Stall Performance Health Promotion Activity

PLEASE NOTE: Stress Less Sunday has limited space and time, so not all applications may be accepted. We prioritise local businesses and people, and also those that can assist us in promoting a "Stress Less" event!

Name: [Click here to enter text.](#)

Phone: [Click here to enter text.](#) **E-mail:** [Click here to enter text.](#)

TO VOLUNTEER

Do you have a specific area of expertise/interest?

- Women's health and beauty
- Entertainment and stage management
- Children's arts, crafts and activities
- Food and beverage
- Marketing and promotion

All volunteers must wear a Raise The Gong shirt, provided by our organisation. This will need to be returned following the event. Please specify your shirt size: M F Size:

HOLDING A STALL

Stall Details – what do you sell/provide? [Click here to enter text.](#)

Can you provide a special price/offer for Raise The Gong members? All members will be easily identifiable with purple wristbands.

[Click here to enter text.](#)

Insurance. Stall holders must have their own Public Liability Insurance. Please list details below:

[Click here to enter text.](#)

Do you have any special requirements? Tables, chairs, marquees etc. Please note items are limited.

[Click here to enter text.](#)

PERFORMANCE

Name of band/act/artist: [Click here to enter text.](#)

Time required for performance: [Click here to enter text.](#)

Do you have any special requirements?

[Click here to enter text.](#)

HEALTH PROMOTION ACTIVITY

Details of Activity: [Click here to enter text.](#)

Special requirements: [Click here to enter text.](#)

Can't participate but still want to support us? If you would still like to support Raise The Gong's Stress Less and other upcoming events by donation of items for prizes and giveaways, we are always grateful for any donations large or small. Please contact us on info@raisethegong.org.au or deliver items to P.O.Box 1893, Wollongong NSW 2500. We can arrange tax-deductible receipts for the value of any donated items.