



# A Celebration Day for Girls Shepparton- May 2023



**May 2023-  
A Celebration Day**  
Friday April 28th  
7-9pm - Mums  
evening  
Sunday May 7th  
- Full day in  
Shepparton

Find out  
more:

To book in contact Nicole

Email:

[vitalhuntressfoundation@gmail.com](mailto:vitalhuntressfoundation@gmail.com)

Web:

<https://nicoletricarico.com/workshops/a-celebration-day-for-girls/>

**\$165 Per Mother-Daughter Pair**

**It's no secret that growing up involves change, which can bring discomfort and even anxiety.**

**Would you like to help your daughter to feel informed and confident about her body, her cycles and herself?**

**Your 9-13-year-old daughter gets a day of information, fun activities, relaxed conversation and storytelling.**

**Mothers, you get an evening beforehand to look at what we'll do and what you'd like for your daughter, and join us from lunchtime on the full Sunday.**



**About Nicole Tricarico:** With over 26 years of experience, Nicole is a Naturopath specialising in women's health, fertility and pregnancy. She is also a Childbirth & Parenting Mentor, and Facilitates Birth Story Medicine Trainings/Courses.

She is also experienced in running women's circles and mother blessings. She is married with 3 children and loves yoga, cooking and reading.

**A Celebration Day for Girls™**

  
**NICOLE  
TRICARICO**