



# Invitation to UNIFEM Brekkie on the Run

**ARARAT** - Brekkie on the Run invites all women to participate in the annual UNIFEM Breakfast.

The UNIFEM International Women's Day breakfast committee is proud to have Mumtana Waseem speak at the breakfast on Wednesday, March 10.

The United Nations Development Fund for Women (UNIFEM) is the women's fund at the United Nations, dedicated to advancing women's rights and achieving gender equality.

It provides financial and technical assistance to innovative programs and strategies that foster women's empowerment.

For the women of the world, the symbolism of International Women's Day has a wider meaning. It is an occasion to review how far women have come in their struggle for equality,

peace and development. It is also an opportunity to unite, network and mobilise for meaningful change.

The opportunity of a better future is what drove speaker Mumtana Waseem to immigrate to Australia in May 2009.

Originally from Pakistan, Mumtana and her family left behind family and friends, with the hope of new beginnings.

Mumtana has embraced her life in Ararat and enjoying all her new experiences and the friends that she is making along the way.

Her greatest achievement to date is completing her training to become a Family Day Care provider through Wimmera Uniting Care.

Mumtana is also keen to contribute to her community as a volunteer. She volunteers once a fortnight at the Ararat Re-

tirement Village. This was organised through the St Johns Ambulance volunteer program.

As a way to meet new people, Mumtana also became an Avon representative.

Mumtana hopes to break down barriers and show her community that she has a lot to offer.

Mumtana has a daughter, who is attending Ararat 800 Primary School and her husband works at the Ararat Abattoir.

The Brekkie on the Run UNIFEM program commences at 7am at J Ward and will include a Halal breakfast.

The cost will be \$28 for adults and \$25 for students.

For bookings, please contact Francesca Suffield on 04 230 97 880 or email [francesca.suffield@workco.com.au](mailto:francesca.suffield@workco.com.au) by March 3, 2010.



**Mumtana Waseem, who will speak at Brekkie on the Run, and daughter Amna.**