

# Media Release

2 March 2023

## Your chance to hear from local author on International Women's Day

Gladstone Regional Libraries is offering a unique opportunity to hear from a local and emerging author for an event coinciding with International Women's Day on Wednesday 8 March.

Gladstone chiropractor, Dr Ali Young, will discuss her new book *Work. Mama. Life* and will answer questions afterwards.

Gladstone Region Councillor Desley O'Grady said *Work. Mama. Life.* is for all those mothers trying to achieve a better life balance.

"Through a combination of evidence-based research, first-hand mothering experience, and easy-to-follow exercises, Dr Ali's guidebook will show mothers everywhere how to rediscover their joy, self and health in the face of the intense challenges working motherhood brings," Councillor O'Grady said.

"*Work. Mama. Life.* will help every current, aspiring, or expecting mother to navigate their experience of motherhood and reclaim their life with calm and good health.

"This event will be in celebration of International Women's Day, to embrace equity and to celebrate women's achievements."

The talk will be held at Gladstone City Library is open to anyone including parents with kids, women, and young adults. Children must be supervised at all times.

### Event Details

**WHAT:** Author Talk with Dr Ali Young – *Work. Mama. Life*

**WHEN:** 10am, Wednesday 8 March

**WHERE:** Gladstone City Library – Meeting Room, 39 Goondoon Street (parking available via Central Lane)

**COST:** Free. Bookings required.

**RSVP:** Call Gladstone City Library on 4976 6400. Light refreshments will be provided.

Visit [www.gladstonelibraries.qld.gov.au](http://www.gladstonelibraries.qld.gov.au) for more information about Gladstone Regional Libraries.

**ENDS**