



Festival of you


8 - 28 October

Check out one of our amazing YOU sessions

See inside for experiences, offers and upcoming activations that celebrate everything you!

See website for more details.



 /MooneePondsCentral
MooneePondsCentral.com.au

MPC | MOONEE
PONDS
CENTRAL

SESSION #1 | CASSIE MENDOZA-JONES

Tue 9 Oct | 1pm

A 60-90 minute session on self-worth and self-trust with the best-selling author, kinesiologist, business alignment coach and naturopath.

SESSION #2 | STYLE SESSION WITH URBAN HOME REPUBLIC

Sat 13 Oct | 11am - 12pm

Come along and learn tips and tricks for styling a magazine-worthy bedroom! No booking required, however limits do apply.

SESSION #3 | KRISTINA DUKE

Mon 15 Oct | 1pm

An accredited professional organiser will deliver a session on the psychology of clutter and how to organise your life.

SESSION #4 | HAPPINESS WORKSHOP AT KIKKI.K

Tue 16 Oct | 1pm

Bookings required. Enquire within at kikki.K. \$20 per person plus you'll receive a Happiness Journal worth \$39.95 and a pen!

SESSION #5 | RACHEL FINCH

Fri 19 Oct | 10am

A 60 minute interactive wellness session covering a variety of topics including diet, living a better life and how to feel amazing every day.

SESSION #6 | HAPPINESS WORKSHOP AT KIKKI.K

Tue 23 Oct | 1pm

Bookings required. Enquire within at kikki.K. \$20 per person plus you'll receive a Happiness Journal worth \$39.95 and a pen!

SESSION #7 | WENDY GILROY

Wed 24 Oct | 10am

A 90 minute session for mums providing lifelong evidence-based tools & tips to find inner peace, grow resilience and emotional wellness.

SESSION #8 | NURTURE YOUR EVERYDAY WELLBEING

Thu 11, 18 & 25 Oct | 10am - 11:30am

Meet Rhiannon from The Wellness Web at Dan Dan Cafe.

You **SESSIONS**

Bookings are required unless otherwise stated. Visit www.moonepondscentral.com.au for booking details.





You deals

SUSHI SUSHI

Buy any Sushi pack and get a miso soup or green tea FREE.

SPECSAVERS

FREE digital retinal photography with every bulk-billed eye examination to detect glaucoma and macular degeneration.

8 APPAREL

20% off all full priced items from 8 - 14 October. Join us for champagne and nibbles on Saturday 13 October from 10am to 3pm!

ADVANCED NATURAL HEALTH

Monday, Tuesday and Wednesday half-price facials.

CLEARSKINCARE CLINIC

Get your \$9 underarm Laser Hair Removal.

CINORI

10% off full priced products.

SPA ON THAI

10 minutes neck and shoulder massage for \$10.

You-dulgent desserts

THE COFFEE CLUB

Honeycomb Iced Coffee \$7.90

DEGANI

Nutella Pizza \$10

NOT JUST GELATO

Rainbow Dream and Chocolate Coffee Ice Cream \$9.80

DAN DANS

Freakshakes \$9.90

MICHEL'S PATISSERIE

Iced Strawberry with coffee or chocolate \$6

THE CUPCAKE QUEENS

Rainbow Sprinkle Cupcake \$4.50

ZEUS STREET GREEK

Nutella Donuts \$5

Terms and conditions apply and are subject to availability. Valid 8 - 28 October only unless specified. Each retailer reserves the right to withdraw the above offer at any time.



Stuff for you



WIN A NUTRI-NINJA AUTO IQ

Spend \$10 in store at Graina for your chance to win a Nutribullet.
See in store for details.

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YOU BOOTH

Mon 8 – Sun 28 Oct

Visit our electric confetti booth to bring your selfie game to the next level. Remember to hashtag #festivalofyou so we can see your best selfie yet!
Located near Evita Jewellery at Kmart.

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YOU-FIRMATIONS

Mon 8 – Sun 28 Oct

Find your favourite you-firmation!
Spot these inspiring messages throughout our centre as daily reminders of how great you are.

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DRESS FOR SUCCESS

Mon 8 - Sun 28 Oct

Show your support for the working women with the Dress for Success charity handbag drive, aiming to empower women to achieve economic independence.
Drop off your donations at Orquestra, located in the Puckle Mall.

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OVERALL HEALTH CHECK

Tue 16 Oct | 10am – 5pm

Assorted FREE assessments throughout the day, brought to you by Body & Brain Centre including: Chiropractic assessments, 'How Healthy is your Brain' assessments, 'Cultivating Positive Thoughts' for children, diet assessment, and posture screen.
Located outside Specsavers.

FREE MINI MASSAGE & PULSE CHECK

Tue 9, 16 & 23 Oct | 10am – 3pm

Free mini massage by Fans Massage and Emperor's Acupuncture.
Located outside Coles.

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FREE OSTEOPATHIC

Thu 11, 18 & 25 Oct | 10am – 2pm

10 minutes free osteopathic consultations by Dr Fiona from Ascot Vale Osteopathy.
Located near EB Games.

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GET FIT WITH TAEKWONDO

Fri 12, 19 & 26 Oct | 10am – 3pm

Let Professional Taekwondo guide you through a healthy, fit you! Plus, book in for 1 week of FREE Taekwondo classes!
Located near EB Games.

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HEAR BETTER

Sat 20 Oct | 10am – 3pm

Have a quick hearing assessment to see if you require further tests with Specsavers Audiology.
Located near Specsavers.

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FREE NAIL ART

Fri 26, Sat 27 & Sun 28 Oct | 3pm – 6pm

I Scream Nails is coming to Moonee Ponds for a free mini mani!
Located in the Puckle Mall.





Pop up Prosecco Bar



Shop and play!

Sat 20 Oct | 12pm - 3pm

Indulge at the pop up Prosecco Bar,
located near Degani.

Please drink responsibly. 18+ only.





For scrumptious freebies



For feeling good



For boss ladies



For the fun of it!

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