



Invitation
WAKO Women Conference
Budapest, Hungary 18th May at 3.00 p.m.
BOK HALL (FORMER SYMA HALL), BUDAPEST

PROGRAMME PART I – LECTURES

1. Self-control – early detection of breast cancer

Speaker **Ms. Alicja Sekret** – *'Healthy breasts are every woman's treasure! What can we do to make sure they stay that way? You'll find out just that. "BreastFit", the OnkoCafe Foundation's educational campaign, supported by male crossfit athletes, will be my springboard to tell you the story of self-exams, cancer talk, emotional support, and partnership between men and women, meant as ensuring one another's wellbeing. Self-exams are important for every woman, but being mindful of their meaning for female kickboxers is essential. And building that awareness is where I'm going to place a focus during my talk.'*

2. Healthy nutrition in kickboxing sport

Speaker **Ms. Dorota Godzina** – *'Kickboxing athletes are often losing weight in order to qualify to lower weight class. Common practice is so-called "weight cutting" which can be achieved by diet or/and dehydration just before the weigh in. Both restrictive diet and dehydration can have a negative impact on an athlete's health. It turns out that women are particularly sensitive to manipulations related to body weight. Long-term caloric restriction and frequent weight cutting through dehydration can cause endocrine disrupting which adversely affects many aspects of a woman's life. As a dietitian and most of all a woman athlete who compete for 15 years in kickboxing I want to share with you my experience in losing weight. I also want to indicate how important is to work with qualified dietitians and trainers during your kickboxing career to keep good health for a long time.'*

PROGRAMME PART II – PANEL DISCUSSION

Introduction and discussions to be covered.

1. Empowerment of women and youth in WAKO
2. Your proposals for gender equality in WAKO
 - a. development of women activities
 - b. leadership, seminars
 - c. Female engagement in Committees
3. How to grant unity in our sport?
4. Improvement of life in society through kickboxing sport



**WAKO WOMEN REFEREES
 AGAINST CANCER**

A social campaign to fight cancer through KICKBOXING

In support of



HeForShe