

“Celebrating life : A cultural festival for mental health”

16-17 November 2024
Mlowe, Rumphi district



Art for mental health !

Pamoza social enterprise is thrilled to announce the new initiative that harnesses the power of **local culture to address mental health challenges** and promote community well-being in Northern Malawi.

The “celebrating life : a cultural festival for mental health” is a groundbreaking event that aims to create a safe and inclusive space for dialogue, exchange, and healing through the vibrant expressions of dance, music, theater, yoga and other art forms. With a particular focus on **gender-based violence**, this festival seeks to raise awareness, challenge stigmas, and empower communities to break the cycle of silence and violence.

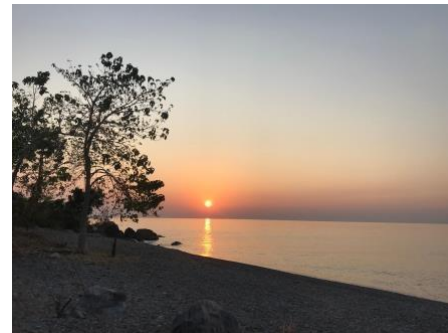
The festival will take place in the picturesque setting of the **community center of Mlowe**, set up by Pamoza. The center works to increase community resilience in terms of employment, well-being and environmental management.



To come to Mlowe :

From Mzuzu – 3h drive, local bus available
From Livingstonia – 45min drive down the lake, Chiweta direction

Mlowe is located 10 km south of Chiweta, Rumphi district



Join us in celebrating life, embracing diversity, fostering a more inclusive and resilient society in the northern part of lake Malawi. Come to enjoy, to learn and to contribute to the local cultural festival!



Free entry with reservation – campsites available from 3000 MK per person – Restaurants and bars in the festival venue for affordable prices

What's Up Number for reservation and more info : +265 99 31 45 38 - Peace Kalua

Or by email : annabellejaccard@gmail.com