

CELEBRATING WOMEN WHO TAKE CARE

Meet the winners of last year's Garnier Take Care Campaign – three inspiring women who take care of others, themselves and the world around them

MEET MARIA, EMMA AND MILLY

They are three of the most inspiring women you will ever meet; women who do all they can and strive every day to take care to make the world a better place. They're the extremely deserving winners of the 2008 Garnier Take Care Campaign.

TAKING CARE OF YOURSELF

MARIA MUDELL, MOTHER OF TWO

Suffering severe health issues since the age of seven hasn't stopped Maria from embracing life. Maria was nominated by her husband, Paul. He describes her as the strongest person he knows. She copes with the daily effects of diabetes, multiple sclerosis and coeliac disease with amazing verve and positivity.



TAKING CARE OF THE WORLD AROUND YOU

EMMA TAYLOR, CHILDREN'S CHARITY FOUNDER

Giving up a lucrative media career for basic living conditions in a Nepalese orphanage, Emma hasn't regretted her decision for a minute. Throwing it all in to do something good for the world is a dream many harbour but few have the courage to follow. Emma is someone who took that step, and now 77 Nepalese orphans have her to thank for their schooling, health and safety. Emma's Sunrise Children's Association organises sponsorships in Australia and ensures donated money is used to directly improve the lives of orphans. Dividing her time between Melbourne and Nepal, Emma is still striving to make the world a better place. For more information about Sunrise Orphanage, visit: www.scai.org.au



TAKING CARE OF OTHERS

MILLY PARKER, DISABILITY SERVICES ADVOCATE

Surviving a car crash inspired Milly to work to improve the quality of life for all seriously disabled Australians. A year in rehabilitation gave Milly time to think about what she could do to help others in a similar situation. Despite suffering permanent damage to her brain, and chronic daily pain, Milly has gone on to become a major advocate for disability services. She sits on various government committees and attended the Australia 2020 Summit, all the while raising thousands of dollars for various charities.



TAKE PART IN THE 2009 GARNIER TAKE CARE CAMPAIGN AND NOMINATE YOURSELF OR A FRIEND WHO HAS MADE POSITIVE CHANGES IN THEIR OWN LIVES, GONE OUT OF THEIR WAY TO ASSIST OTHERS, OR MADE THE ENVIRONMENT A PRIORITY.