

WFWPI Virtual Cafe: Spring Fashion And Health - Fashion And Self-Care Tips

Mion Tsuchiaka
April 22, 2022



Spring has sprung so the Women's Federation for World Peace International (WFWPI) invited two professional instructors to share the latest trends in fashion and self-care tips on April 22, 2022, at the first WFWPI Virtual Café of 2022. It was a dynamic session with 50 participants, mainly women from around the world gathered. The session was moderated by WFWPI Young Professionals, Ms. Kefilwe Lebepe from South Africa and Ms. Eungsoo An from South Korea.

The instructor Ms. Rarin Thongma shared fashion trends and tips for Spring 2022. Ms. Thongma is a Thai self-made entrepreneur, CEO and Founder of Christina Grey Group. She is also a designer behind O and B, O and B Ballerina pumps that gained global recognition in 2018 after the exclusive collaboration with Anna Dello Russo during Milan Fashion Week. She also introduced Y2K as a major movement. "The pandemic has changed a lot about our lives. It's also changed how we dress from business formal clothes to only smart tops for Zoom, from fast fashion to slow wear." More recently, the fashion movement also began to support environmental protection and has created sustainable fashion, including recyclable and rentable textiles. Younger, as well as older participants, were eager to change their wardrobes and welcome spring smart.

The health session "How to Improve Lower Limb Health in this Challenging Time" was taught by Dr. Yejeong Kim, Lead Clinical Podiatrist and Co-Founder of Foot and Ankle Experts Pty Ltd. She explained about post-COVID 19 syndromes such as "Long Haulers" like breathing issues, blood clots, heart and kidney problems, and more. She also gave advice on health supplements to improve circulation and simple exercises to relieve heel pain. Participants appreciated the health tips, saying that it is hard to go to the hospital now, but it is always good to have advice from a doctor. The WFWPI Virtual Café has become a social platform for women from around the world to interact and gain new knowledge.

