

The City of Kingston together with the Jean Hailes Foundation for Women's Health presents:

# Women's Health and Wellbeing – Ageing Well

## KNOW YOUR NUMBERS

**FREE blood pressure checks and presentation on healthy ageing**

Come along and get your blood pressure checked and learn more about women's health including how to maintain a healthy lifestyle, important health screenings, diabetes and heart disease.

**Free light lunch provided** and health information packs to take away

### Presenter:

Ms Jenny Jackson – CEO  
The Jean Hailes Foundation for Women's Health

**Places are limited – bookings essential.**

**Book early to avoid disappointment.**



### Date

Tuesday 11<sup>th</sup> November, 2008

### Time

11.30am to 2.00pm

### Venue

Mentone Council Offices

34 Brindisi St, Mentone

(Melways ref: 86kK8)



This Jean Hailes Foundation for Women's Health's programs are supported by the Australian Government Department of Health and Ageing.

RSVP

RSVP by Thursday 6<sup>th</sup> November 2008 (for catering purposes)

Phone: Ms Lena Okin, City of Kingston on 9581 4801  
or email: [lana.okin@kingston.vic.gov.au](mailto:lana.okin@kingston.vic.gov.au)