



**Tasmania**  
Explore the possibilities

The Jean Hailes *Foundation*  
for women's health

The Jean Hailes Foundation for Women's Health in partnership with Women's Health North West presents

## The Midlife Journey- Choices for Health and Wellbeing

**Would you like to hear relevant, reliable and researched information about health and wellbeing at midlife?**

Presenters from The Jean Hailes Foundation for Women's Health will talk about midlife health, menopause, treatment of symptoms including herbal and hormone therapies, and self-management strategies including healthy eating, physical activity and emotional health and wellbeing.

### Presenters:

Dr. Vivienne Whitechurch – General Practitioner

Dr. Mandy Deeks - Psychologist

Ms. Jenny Barker – Women's Health Educator

**Information stalls and refreshments provided!**



### Date

Friday November 21st, 2008

### Time

7pm – 9.30pm  
(doors open 6.30pm)

### Venue

Devonport Entertainment and Convention Centre  
145-151 Rooke St  
Devonport

### Cost

\$10  
(pay at the door)

### Free Bus

Available with pick up spots from Wynyard through to Ulverstone.

Bookings for the FREE BUS essential before November 17<sup>th</sup>.

**RSVP**

**RSVP:** Friday November 14th, 2008 (for catering purposes)

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