

A Midlife Journey

# CHOICES FOR HEALTH & WELLBEING

Presented by **The Jean Hailes Foundation for Women's Health** in partnership with **The City of Kingston**

A **health information** seminar for women

Speakers from the Jean Hailes Foundation will talk about **midlife health, emotional health and menopause**

Thursday 17 September 2009  
at **6.30pm** registration for **7.00pm** start

**Venue:**

Kingston City Hall  
979-985 Nepean Hwy, Moorabbin VIC  
(Melway Ref 77 D5)

**Cost:**

\$10.00  
Information stalls and refreshments provided

**Bookings essential**

Call Kingston Arts Centre on  
03 9556 4440

For further information please contact the Foundation on **03 9562 6771** or toll free on **1800 151 144** or visit our website [www.jeanhailes.org.au](http://www.jeanhailes.org.au)

**Speakers:**

**Ms Tricia Elliot**  
CEO- Women's Health in the South East (WHISE)

**Professor Helena Teede**  
Endocrinologist  
'Midlife Choices'

**Dr Mandy Deeks**  
Psychologist  
'Your Emotional Health & Wellbeing'

**Partner organisation:**



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The Jean Hailes Foundation  
for women's health