

The Jean Hailes Foundation for Women's Health in partnership with WOMEN'S Healthworks presents:

Midlife - 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. Information about local services will be provided by WOMEN'S Healthworks and participants will have the opportunity to access a range of community agencies at a health expo

MC:

Ms Verity James



Presenters:

Dr Margaret Smith – Obstetrician & Gynaecologist

Ms Sandra Villella – Consultant Naturopath

Ms Louise Durack – Organisational Development Officer, WOMEN'S Healthworks

Information stalls and refreshments provided!



Date

Tuesday September 30th, 2008

Time

6.45 pm – 9.15pm
(doors open 6.15pm)

Venue

Woodvale Reception Centre
143 Trappers Drive
Woodvale

Cost

\$10
collected at the door

RSVP

RSVP by Friday September 26th, 2008
(for catering purposes)

Phone us on (08) 9300 1566 to reserve your place