

Artwork by Samantha Campbell from Coolamon Creative

 Jean Hailes

# WOMEN'S HEALTH WEEK

First Nations promotional kit

[womenshealthweek.com.au](http://womenshealthweek.com.au)

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## Jean Hailes and Women's Health Week

At Jean Hailes for Women's Health, we believe your gender should never determine your health and wellbeing outcomes.

Our mission is to empower every woman to feel confident, informed and supported in her health – no matter her age or life stage.

Each year, we bring this mission to life through Jean Hailes Women's Health Week, a national celebration that reaches thousands of women, workplaces, health organisations and community groups across the country.

When we support women's health, we create a stronger, healthier Australia for everyone.

For more information visit [jeanhailes.org.au](https://jeanhailes.org.au)

Aboriginal and Torres Strait Islander women have long nurtured the wellbeing of their families and communities — often in systems that weren't designed for them. This Women's Health Week, we honour that strength and resilience, and we encourage women to take time for their own health and wellbeing, take time to heal. This year's theme, do it anyway, encourages you to do this however you need to – by making time for check-ups, having a yarn, taking time out, going for a walk, seeking support – just take some time for you.

## Acknowledgement of Country

Jean Hailes acknowledges the Traditional Owners of Country throughout Australia and recognises their continuing connection to land, waters and culture. We pay our respects to Elders past, present and emerging.

## Artwork

Women shining bright like stars in the sky, living healthy and happy lives.



Contemporary artwork created by Coolamon Creative, a 100% Aboriginal owned and operated small creative studio based in Mparntwe (Alice Springs).

## How to get involved

### Important dates

**15 August** – Event registrations close

**7–11 September** – Women's Health Week

### How to use this kit

This kit includes promotional material such as templates and social media tiles to help you to get involved in Women's Health Week.

For the best quality, please **download each file** using the links provided on every page of the promotional kit. This ensures you get the correct format in high resolution. Please don't screenshot any images, as this will affect their quality.

There are many ways to get involved in Women's Health Week, from sharing our social tiles to show your support, or even hosting a themed event.

For further information on how to participate in Women's Health Week visit the 'Get involved' section of our website: [Women's Health Week](#).

### If you choose to host an event you will receive:

- Evidence-based women's health information.
- Free promotional kits, including social media tiles, copy, poster templates, invitation templates and more.

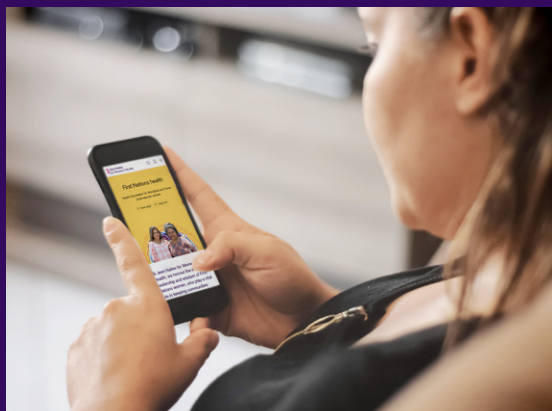
## First Nations kit

## First Nations health resources

Educational toolkits and easy-to-read booklets for Aboriginal and Torres Strait Islander women and girls are available in print or online.

Topics include periods, menopause, and health checks.

Visit [jeanhailes.org.au/collections/first-nations-health/](https://jeanhailes.org.au/collections/first-nations-health/)





**For your community**

 Jean Hailes  
Women's Health Week®

## Let's talk about women's business social media tiles

Available in translated languages:

- Central-Eastern Arrernte
- Western Arrarnta
- Pitjantjatjara
- Warlpiri
- Pintupi-Luritja

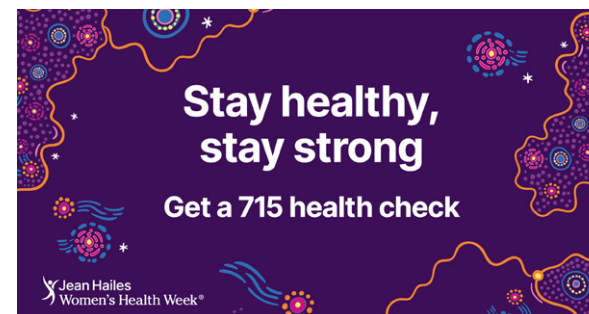
[Click here to download a zipped file of translated resources \(10.2 mb\)](#)



Instagram



Story



Facebook and LinkedIn

## Let's talk about women's business posters

Available in translated languages:

- Central-Eastern Arrernte
- Western Arrarnta
- Pitjantjatjara
- Warlpiri
- Pintupi-Luritja

[Click here to download a zipped file of translated resources \(4.4 mb\)](#)



A4 210mm x 297mm



A3 297mm x 420mm




## Let's talk about women's business suggested copy

Let's talk about women's business

Available in translated languages:

- Central-Eastern Arrernte
- Western Arrarnta
- Pitjantjatjara
- Warlpiri
- Pintupi-Luritja



[Click here to download a zipped file of translated resources \(3.2 mb\)](#)

It's important to talk about women's business so you know how to keep healthy.

If you have worries about women's business, talk to a local health worker this Women's Health Week.

For culturally safe health information and resources for First Nations women visit the Jean Hailes website.

[jeanhailes.org.au/collections/first-nations-health](https://jeanhailes.org.au/collections/first-nations-health)

## Stay healthy, stay strong social media tiles

Available in translated languages:

- Central-Eastern Arrernte
- Western Arrarnta
- Pitjantjatjara
- Warlpiri
- Pintupi-Luritja

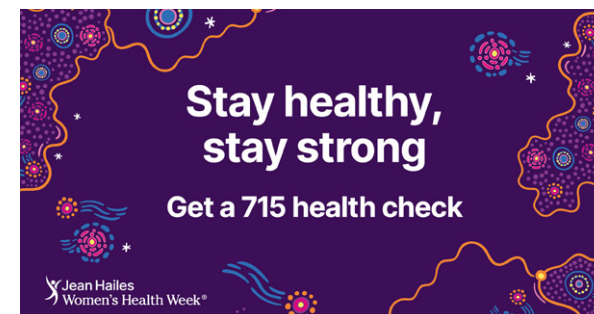
[Click here to download a zipped file of translated resources \(10 mb\)](#)



Instagram



Story



Facebook and LinkedIn

## Stay healthy, stay strong posters

Available in translated languages:

- Central-Eastern Arrernte
- Western Arrarnta
- Pitjantjatjara
- Warlpiri
- Pintupi-Luritja

[Click here to download a zipped file of translated resources \(4.3 mb\)](#)



A4 210mm x 297mm



A3 297mm x 420mm




## Stay healthy, stay strong suggested copy

Stay healthy, stay strong  
Get a 715 health check

Available in translated languages:

- Central-Eastern Arrernte
- Western Arrarnta
- Pitjantjatjara
- Warlpiri
- Pintupi-Luritja

[Click here to download  
a zipped file of translated  
resources \(3.2 mb\)](#)



Have you had a 715 health check?

A 715 health check is for Aboriginal and Torres Strait Islander people of all ages. It's when a health worker checks your health to help you stay strong and healthy. You can get one 715 health check every year at a local clinic. It's free.

A 715 health check helps you:

- see if you're healthy and well
- learn about health problems early, before they get worse, and get treatment
- learn how to be healthy and prevent illness in the future.

Talk to a local health clinic about the 715 health check this Women's Health Week.

For culturally safe health information and resources for First Nations women visit the Jean Hailes website.

[jeanhailes.org.au/collections/first-nations-health](https://jeanhailes.org.au/collections/first-nations-health)



# Get involved

## Social media tiles

[Download social media tiles \(7.2 mb\)](#)



Instagram



Story



Facebook and LinkedIn

## Posters

[Download A4 poster \(1.2 mb\)](#)

[Download A3 poster \(1.2 mb\)](#)



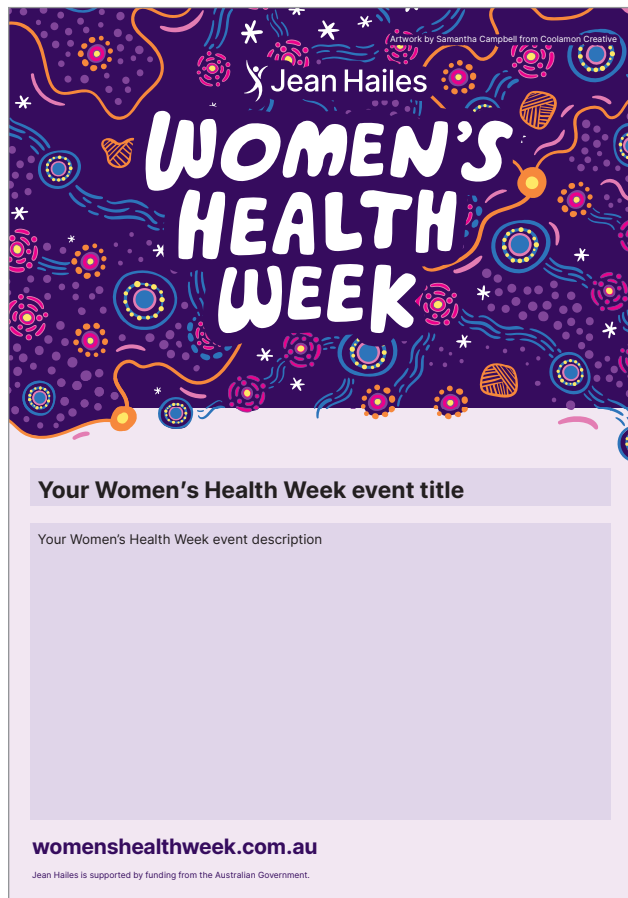
A4 210mm x 297mm



A3 297mm x 420mm

## A4 editable poster

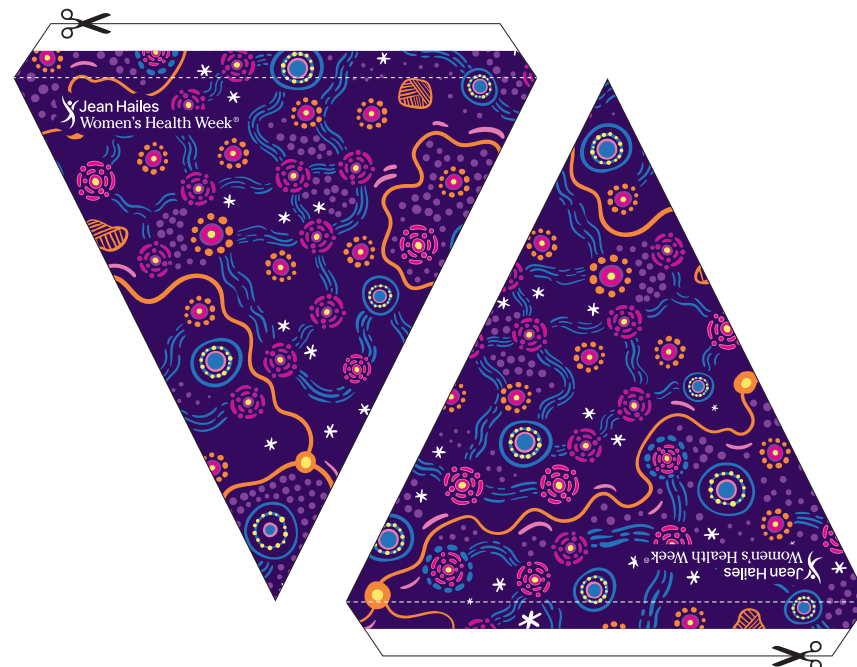
[Download editable poster \(510 kb\)](#)



A4 210mm x 297mm

## Bunting

[Download bunting \(5.5 mb\)](#)



## Event party pack

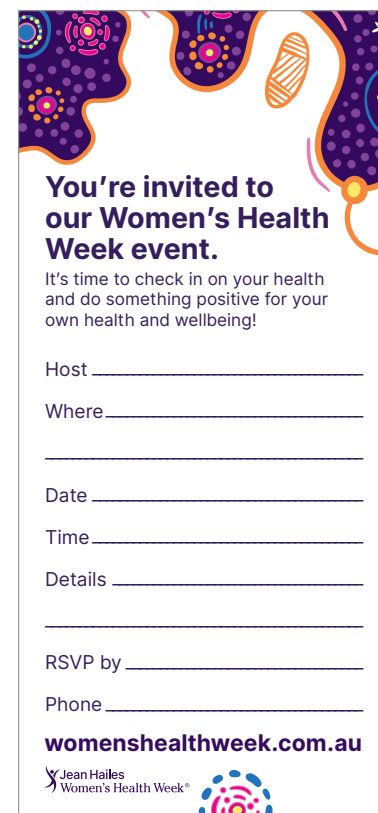
[Download name tag, invitation and place card \(6.5 mb\)](#)



Name tag



Place card



Invitation

## Workplace pack

[Download presentation slide \(2.3 mb\)](#)

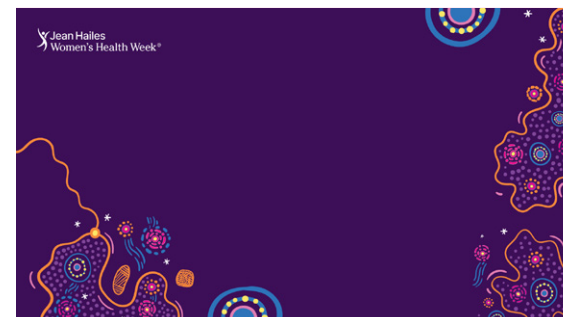
[Download meeting background \(745 kb\)](#)

[Download email signature \(185 kb\)](#)

[Download feature article header \(560 kb\)](#)



Presentation slide 16:9



Meeting background 16:9



Email signature



Feature article header

## Terms and conditions

### Promotional kits

Jean Hailes Women's Health Week promotional kits can be freely used to promote your event and/or Women's Health Week in general. The kits cannot be used for any other purpose. Removing the Jean Hailes logo from any assets is strictly prohibited.

### Trademark

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### Linking to Jean Hailes content

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3. Link the credit to the Jean Hailes website: [jeanhailes.org.au](http://jeanhailes.org.au)