

 Jean Hailes

# WOMEN'S HEALTH WEEK

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 gender should never determine 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.

We're proud to work with others to:

- share trusted, easy-to-understand health information that helps women make informed choices about their health.
- push for real change by challenging the social, cultural and systemic barriers that hold women back from better health.
- build meaningful connections across sectors to drive progress for women's health.

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

## How to get involved



## Important dates

**15 August** – Event registrations close

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

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.

## 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.

## Promotional kit

This kit includes practical templates and useful assets to help you to get involved in Women's Health Week.

## Free resources

We have a wide variety of resources on women's health to help support your event and activities, including:

- Easy Read fact sheets
- First Nations resources
- translated fact sheets
- educational presentations
- podcasts

[Visit our resources page](#)



## Theme and topics

### Jean Hailes Women's Health Week 2026 theme – Do it anyway

Too often, women are told “you can’t do that”, and over time those messages can become the limits we place on ourselves.

This Women's Health Week is about challenging that narrative. Jean Hailes for Women's Health invites every woman to do it anyway – whatever that looks like for you, in your life and on your terms.

- **Monday — To fuel**  
Practical nutrition tips and realistic food habits to help you feel your best.
- **Tuesday— To move**  
A fresh take on movement that's practical, inclusive and designed for real life.
- **Wednesday — To rest**  
Exploring the power of sleep, downtime and giving yourself permission to rest.
- **Thursday — To breathe**  
Honest conversations and practical support for women's mental wellbeing.
- **Friday — To connect**  
Celebrating the small steps that help build meaningful connection and community.



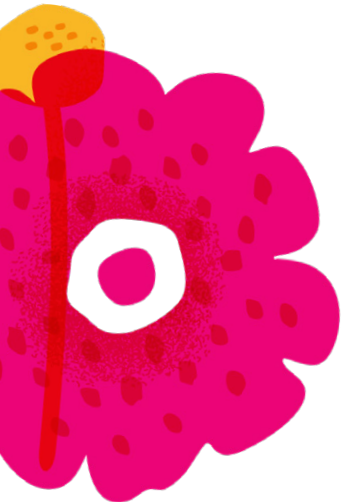
The background is a light beige color with various stylized floral and leaf motifs. In the top left, there is a large pink flower with white outlines. To its right, there are white, cloud-like shapes. In the top right, there are purple and yellow leaves. In the bottom left, there are purple leaves. In the bottom right, there are pink flowers and yellow leaves. The text "Get involved" is centered in a bold, purple font.

**Get involved**



## Social media tiles – hero

[Download social media tiles – hero \(4.7 mb\)](#)



Instagram



Story

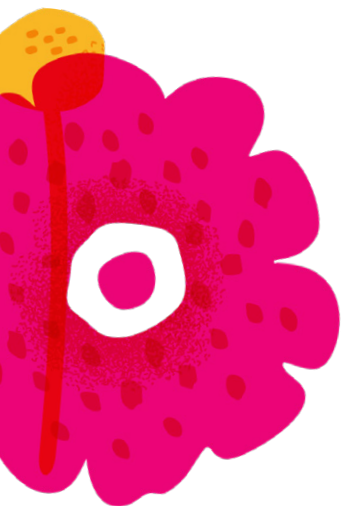


LinkedIn and Facebook

## Social media tiles – easy to read

Promotional assets for people with low vision

[Download social media tiles – easy to read \(3.2 mb\)](#)



Instagram



Story



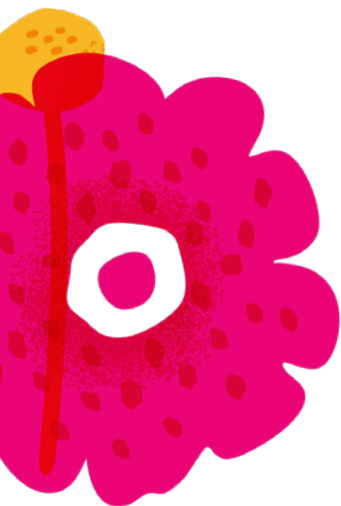
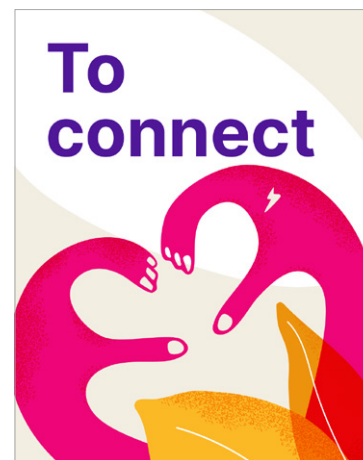
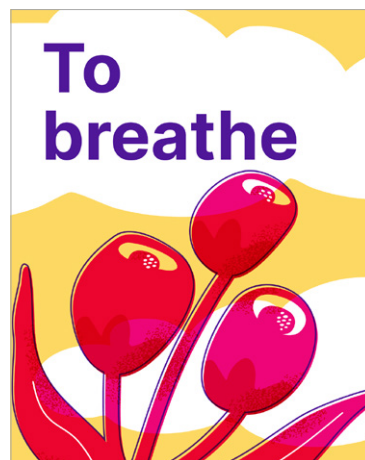
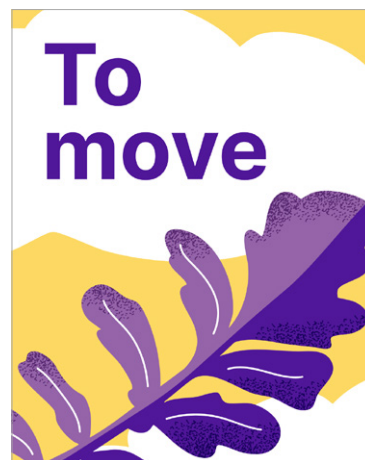
LinkedIn and Facebook



## Daily topics social media tiles

Sizes available include Instagram square, portrait, story, and Facebook

[Download daily topics social media tiles \(4.5 mb\)](#)



## Promote the week online



## Don't forget to tag us!

#WomensHealthWeek

**TikTok:**

[@jeanhailes](https://www.tiktok.com/@jeanhailes)

**Instagram:**

[@jeanhailes](https://www.instagram.com/jeanhailes)

**Facebook:**

[Jean Hailes for Women's Health](https://www.facebook.com/JeanHailesforWomensHealth)

**LinkedIn:**

[Jean Hailes for Women's Health](https://www.linkedin.com/company/JeanHailesforWomensHealth)

**YouTube:**

[Jean Hailes](https://www.youtube.com/JeanHailes)

## Social copy

1. This Women's Health Week we're saying do it anyway! Small steps for your health still count — even when life feels busy, messy or imperfect #WomensHealthWeek #DoltAnyway #JeanHailes
2. This Women's Health Week focuses on the little things that can make a big difference — nourishing your body, moving more, resting, connecting and prioritising your wellbeing. #WomensHealthWeek #DoltAnyway #JeanHailes
3. You don't have to do it perfectly to do it anyway Join us this Women's Health Week as we explore realistic, practical ways to support your health — one small step at a time #WomensHealthWeek #DoltAnyway #JeanHailes



## Women's Health Week party pack

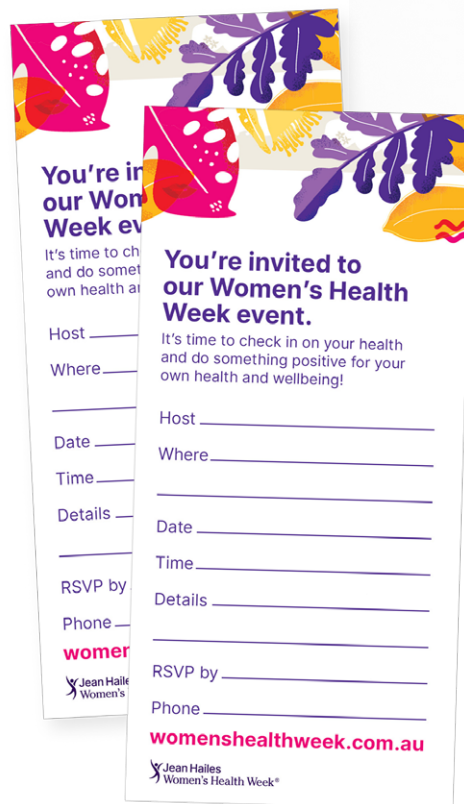
Bunting

Invitation

Name tag

Place card

Social tiles



## Workplace pack

[Download presentation slide \(1.2 mb\)](#)

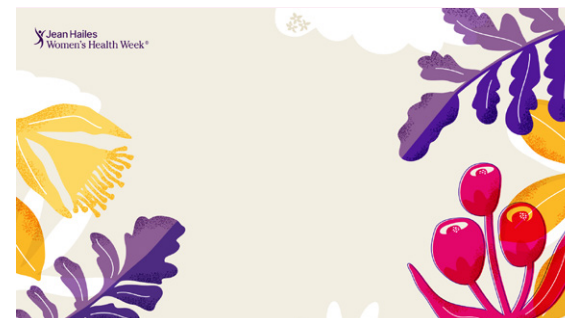
[Download meeting background \(868 kb\)](#)

[Download email signature \(136 kb\)](#)

[Download feature article header \(298 kb\)](#)



Presentation slide 16:9



Meeting background 16:9



Email signature

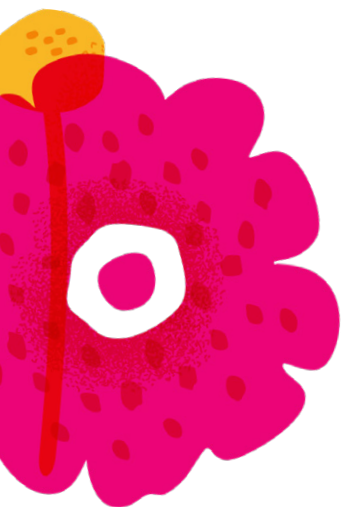


Feature article header

## Posters

[Download A4 poster \(776 kb\)](#)

[Download A3 poster \(796 kb\)](#)



A4 210mm x 297mm



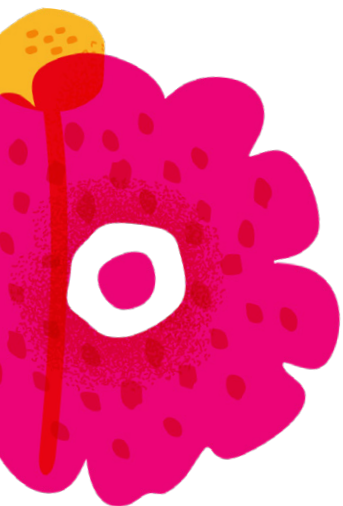
A3 297mm x 420mm

## Posters – easy to read

Promotional assets for people with low vision

[Download A4 poster \(712 kb\)](#)

[Download A3 poster \(730 kb\)](#)



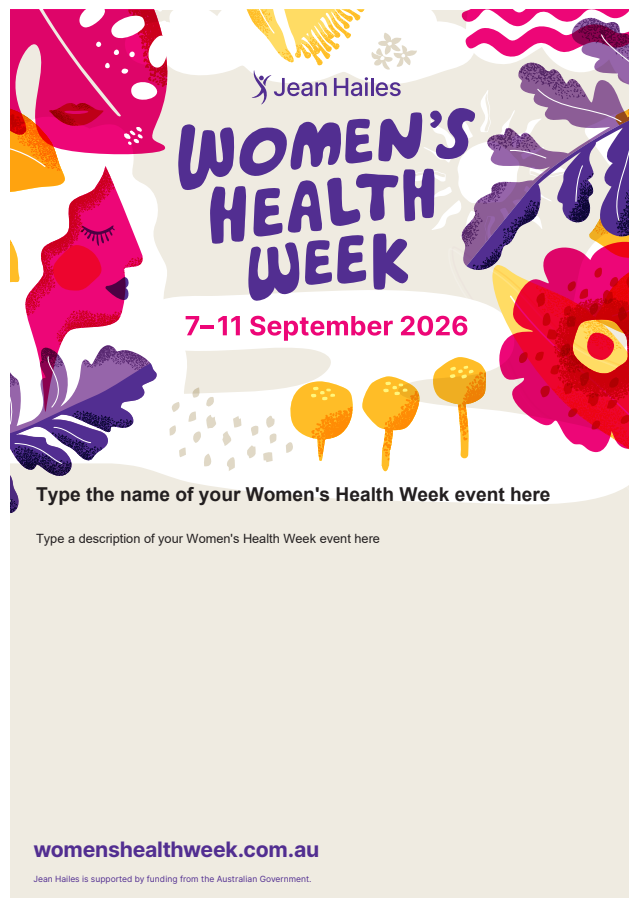
A4 210mm x 297mm



A3 297mm x 420mm

## A4 editable poster

[Download A4 editable poster \(764 kb\)](#)



A4 editable poster

## Community pack

[Download name tag, invitation  
and place card \(598 kb\)](#)



Name tag



Place card

An invitation template with a decorative border of colorful leaves and flowers. The text "You're invited to our Women's Health Week event." is centered in a dark blue font. Below this is a paragraph of text: "It's time to check in on your health and do something positive for your own health and wellbeing!". Below the paragraph are several lines for text entry: "Host", "Where", "Date", "Time", "Details", "RSVP by", and "Phone". At the bottom is the website "womenshealthweek.com.au" and the Jean Hailes Women's Health Week logo.

**You're invited to  
our Women's Health  
Week event.**

It's time to check in on your health  
and do something positive for your  
own health and wellbeing!

Host \_\_\_\_\_

Where \_\_\_\_\_

\_\_\_\_\_

Date \_\_\_\_\_

Time \_\_\_\_\_

Details \_\_\_\_\_

\_\_\_\_\_

RSVP by \_\_\_\_\_

Phone \_\_\_\_\_

**womenshealthweek.com.au**

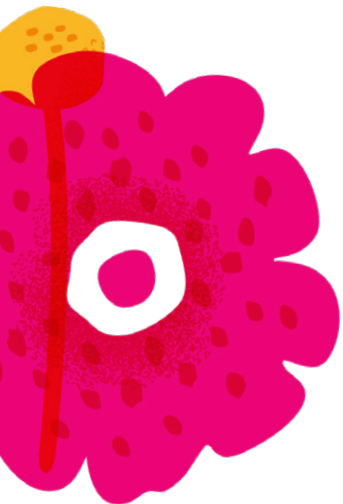
Jean Hailes  
Women's Health Week®

Invitation



## Bunting

[Download bunting \(1.4 mb\)](#)



## 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

Jean Hailes Women's Health Week is a registered trademark: 2372518.

### Linking to Jean Hailes content

Women's Health Week supporters and participants can link to information on the Jean Hailes website. Where possible, please credit Jean Hailes © 2026 Jean Hailes Foundation.

### Changing or publishing Jean Hailes content

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[licensing@jeanhailes.org.au](mailto:licensing@jeanhailes.org.au)

Organisations and workplaces that wish to 'cut and paste' Jean Hailes content onto their own channels must:

1. Seek permission via [licensing@jeanhailes.org.au](mailto:licensing@jeanhailes.org.au)
2. Credit Jean Hailes as the content creator using this wording: Reproduced with permission from © 2026 Jean Hailes Foundation
3. Link the credit to the Jean Hailes website: [jeanhailes.org.au](http://jeanhailes.org.au)

