

MIDLIFE METAMORPHOSIS

Menopause, mood and more



SESSION DETAILS

DATES

Each Wednesday for 4 weeks

Dates TBC

TIME

5.30pm – 7.30pm

Light supper provided. Please advise any special dietary requirements.

COST

\$ 45 for four sessions
(concession available for financial disadvantage)

VENUE

Central West Women's
Health Centre
20 William Street
Bathurst

TO REGISTER

Contact reception on:

T: 6331 4133

E: information@cwwhc.org.au

Supported with funding from
NSW Ministry of Health
(WLHD)

A program for women approaching midlife

The Central West Women's Health Centre is hosting **Midlife Metamorphosis**, a four week program for women approaching midlife.

Hear the latest from experts in women's health.

A range of health topics will be discussed including:

- Important and practical **menopause** management advice
- Looking after your **mood, emotional wellbeing** and **mental health**
- **Sexuality, desire** and **intimate relationships** as you get older
- How to look after your health and wellbeing with food, nutrition and natural therapies

What participant's say about this program

"It is great to know you're not alone and your situation is normal."

"I have benefited by understanding the possible symptoms that may affect me going into menopause."

"That there is life after menopause."

*Knowledge builds
confidence*

