

HEALTH & WELLNESS SEMINAR for Post-Menopausal Women



SESSION DETAILS

DATE
TBC

TIME
10.30am – 3pm

COST: Free

VENUE
Central West Women's
Health Centre
20 William Street
Bathurst

Light lunch provided.
Please advise any special
dietary requirements

TO REGISTER

Contact Ann-marie Brittain
Health Promotion Worker
T: 6331 4133
E: healthed@cwwhc.org.au

Supported with funding from
NSW Ministry of Health
(WLHD)

**Join us for a free seminar providing
women 65 years and older with
important information, resources and
tips to stay healthy and well.**

Presented by:
CWWHC Counsellor
Women's Health Nurse
Nurse Practitioner - Continence

Topics will include:

- Physical health & health checks
- Staying healthy as we age & preventative measures
- Exercise
- Continence
- Mental & Emotional health & wellness
- Grief & Loss, coping with change
- Questions & answers

Numbers are limited so book in early to avoid disappointment



Health
Western NSW
Local Health District

