

HEALTH & WELLNESS SEMINAR for Post-Menopausal Women



SESSION DETAILS

DATE

Thursday 12 Sept 2019

TIME

10am – 4pm

COST: \$10

(concessions for financial disadvantage available)

VENUE

Central West Women's
Health Centre
20 William Street
Bathurst

Light lunch, morning and
afternoon tea 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 our seminar providing
women, 65 years and older, with
important information, resources and
tips to stay healthy and well.**

Presented by:

**Dr Eevon Stott, program leader of Active Living Longer,
CSU.**

**Emma Zammit, Solicitor at Elizabeth Evatt Community
Legal Centre.**

**Lorraine Prentice, CWWHC Generalist Counsellor.
Women's Health Nurse (to be announced).**

Topics will include:

- Physical health & health checks
 - Staying healthy as we age & preventative measures
 - Active Living
 - Coping with change, grief, and loss
 - Legal considerations such as Wills, and power of attorney
- Questions & answers

Numbers are limited so book in early to avoid disappointment



Health
Western NSW
Local Health District

