

# Feel Good Friday

NSW Women's Week 2020



## EVENT DETAILS

### DATE

Friday 6<sup>th</sup> March

### TIME

9.30am – Let's Talk Sex  
with CJ Baldry

10.00am – Feel Good for Life  
with Veronica Sutherland

12.00pm – Let's Do Lunch  
(Free lunch)

### VENUE

Central West Women's  
Health Centre  
20 William Street  
Bathurst

### COST

Free

RSVP by 21 February 2020

T: 6331 4133

E: [information@cwwhc.org.au](mailto:information@cwwhc.org.au)



Supported with funding from  
NSW Government & NSW  
Ministry of Health (WLHD)



Join us on Feel Good Friday.

There will be two free talks to choose from or maybe you'd just like to come along for some lunch (provided by the CWA)



9.30am – 11.30pm – **Let's Talk About Sex** - facilitated by Clinical Sexologist, CJ Baldry from ASSERTive Sexology. For more detail please see the Relationship Thursday flyer.

10.00am – 11.30am – **Feel Good for Life** – with Veronica Sutherland. Topics will include:

- Understanding the role of nutrition, sleep and movement to maximise health.
- Stress reduction and mental health
- Minimising risk and reducing symptoms of chronic disease.

12.00pm - **Let's Do Lunch** – Join us for a free lunch, provided by the CWA, to Celebrate NSW Women's Week and International Women's Day.



International Women's Day

#EachforEqual



For more information contact us on 02 6331 4133

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