

# MIDLIFE METAMORPHOSIS

*Menopause, mood and more*



## SESSION DETAILS

### DATES

Each Wednesday for 4 weeks  
4 to 25 November

### TIME

6.30pm – 7.30pm

### COST

\$ 25 for four sessions  
(concession available for  
financial disadvantage)

### VENUE

We will be providing this group  
online via Zoom.

You will need an email  
address, access to a device  
that has a camera and internet  
connection, and a quiet place  
from which to participate.

Contact the Centre if you have  
any questions regarding this.

### TO REGISTER

Contact reception on:

T: 6331 4133

E: [information@cwwhc.org.au](mailto: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
- Menopause and **Continence** issues and management
- **Sexuality, desire** and **intimate relationships** as you get older
- Looking after your **mood, emotional wellbeing** and **mental health**

### *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*

