

HEALTH & WELLNESS SEMINAR for Post-Menopausal Women



SESSION DETAILS

DATE

New Date! Wednesday 2nd June 2021

TIME

9.30am to 4.30pm

COST: \$10

(concessions for financial disadvantage available)

VENUE

Central West Women's
Health Centre
61 Boyd Street
Kelso

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

Presented by:

**Natalie Tomlins, Solicitor at Elizabeth Evatt Community
Legal Centre.**

**Lorraine Murphy, CWWHC Generalist Counsellor.
Women's Health Nurses, Kath Packham and Anne
Smart.**

**Karen Rea, Australian Hearing.
Miao Li, Yoga instructor.**

Topics will include:

- Physical health & health checks
- Staying healthy as we age & preventative measures
- Hearing Health
- Coping with change, grief, and loss
- Legal considerations such as Wills, and power of attorney questions & answers
- Chair Yoga session

Numbers are limited so book in early to avoid disappointment

