

MIDLIFE METAMORPHOSIS

Menopause, mood and more



SESSION DETAILS

DATE

Wednesday

Date TBC

TIME

5.30pm – 9.00pm

COST

\$ 40.00

(concession available for financial disadvantage)

Light supper will be provided

VENUE

Central West Women's
Health Centre
61 Boyd Street
Kelso

TO REGISTER

Contact reception on:

T: 6331 4133

E: 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 seminar for women approaching midlife.

A range of health topics will be discussed including:

- **Perimenopause** and **Menopause** symptoms and common experiences
- Important and practical menopause **management options**
- **Sexuality, desire** and **intimate relationships** as you get older
- Looking after your **mood, emotional wellbeing** and **mental health**

Presented by:

- **Dr Caroline Renko**
- **Lorraine Murphy** - CWWHC Generalist Counsellor
- **Lynda Carlyle** – Sex & Relationship Therapist, Couple Therapist, Counsellor, Registered Nurse, Clinical Psychosexual Therapist

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."

*Knowledge Builds
confidence*

