

Jean Hailes for Women's Health in partnership with the Women's Centre for Health Matters and Sexual Health & Family Planning ACT presents:

Sex, Health & Your Life

What women 40+ should know

Presenters:

Lisa Westlake

Physiotherapist & Fitness Instructor

"Staying active, inside and out"

This session will help you to focus on what you CAN do, not what you can't!

- Improve your fitness, boost your mood, wellbeing and energy for life
- Learn to understand your pelvic floor, core posture and bone strength

Maureen Matthews

Sex Educator, Columnist & Business Woman

"The time of your life – women's sexuality after 40"

- Sex, libido & desire
- The sexual adventures of the confident older women, and how to enjoy them

Keep a Check on your Health

- A local Canberra women's health expert will discuss staying well and the crucial health checks for women 40+

Date:

Wednesday 7th March 2012

Afternoon event*

- 12.30pm – 3.00pm

Evening event*

- 6.30pm – 9.00pm

*same presentations, different times

Cost: FREE

Venue:

Reception Room
ACT Legislative Assembly,
Civic Square

Resource packs, health information stalls & refreshments provided

RSVP essential

Limited seats available, book now to save your place!

Register with the Women's Centre for Health Matters by phone: (02) 6290 2166 or email: admin@wchm.org.au

Supported by

