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*Bookings are essential for
all courses and workshops.*

*All events are held at
WOMEN'S Healthworks
unless otherwise advised.*

WOMEN'S Healthworks is
accessible and inclusive and
promotes diversity.



Stay on Your Feet Week 13 - 19 September 2009

WOMEN'S Healthworks in partnership with the Hainsworth Centre (City of Wanneroo) will offer a fun and informative activity morning during Stay on Your Feet Week to raise awareness about falls prevention and promote healthy active ageing.

As it is a lengthy morning punctuated with physical activity, a substantial healthy morning tea will be provided and refreshments will be available all morning. Jo Horvat (Stepping It Out Co-ordinator) at WOMEN'S Healthworks will start the morning off by leading a walk.

Date: Wednesday 16 September 2009
Time: 9.30am to 1.00pm
Venue: Hainsworth Centre
29 Hainsworth Ave, Girrawheen
Cost: FREE



Time	Activity
9.30am	Walk followed by cool down and stretching exercises
10.25am	Healthy morning tea
10.45am	City of Wanneroo - Presentation on guided bush walks and other free community activities
11.15am	Zofia Dauksza - Benefits of living food including sprouting seeds & grains. Taste samples
12.20pm	Jennie Merritt - Chair exercises and talk on the importance and benefits of maintaining muscle tone as we age.

Handouts and showbags will be given to all participants.

Register at WOMEN'S Healthworks on 9300 1566.



The Stepping It Out Project is funded by the
Australian Government -
Department of Health and Ageing



Body Esteem Program (BEP)

The Body Esteem Program offers guided self-help groups for women 18+ living with Eating Disorders.

Parent Education Support Program (PESP)

Is someone you care about living with an eating disorder? Would you like to improve your understanding of eating disorders and explore ways to better support your loved one?

This invaluable 8-week program provides information and education about eating disorders and recovery for parents/partners/carers of a loved one who has an eating disorder. Specialist eating disorders health professionals speak on a range of topics with the opportunity to ask questions and take part in discussions with other participants.

Dates: 7 July to 25 August 2009 (8-weeks)

Days: Tuesdays

Times: 6.30pm to 8.00pm

Venue: Carers WA (182 Lord Street, Perth)

Cost: \$88.00 per person
\$132.00 per couple

Other self-help programs available are:

- **Anorexia/Bulimia** This 20-week self-help group will commence in October and be held in Leederville.
- **Overeating/Binge Eating** This 20-week self-help group will commence in early 2010.
- **Step Down Program** Will commence in mid-July and meet twice monthly for 3 months for women who have previously attended a 20-week self-help group.

**For further information or to register telephone
9300 1566 or email
info@womenshealthworks.org.au.**

Programs, Courses and Workshops



Stepping It Out Program Activities

Remember that your input regarding workshops and venues is most appreciated.

Please email your ideas to
joanne@womenshealthworks.org.au.

Getting to Know Your Baby: An Introduction to Infant Massage

Infant Massage Awareness Week
1 to 7 August 2009

Research studies show massage can help babies with many conditions such as colic and reflux, as well as assist parents to understand their baby's communication and body language.



Mums are welcome to attend this free 1 hour information session on infant massage.
(Note: This is not a 'hands-on' or 'how-to' session but rather an awareness raising presentation.)

Discover all there is to know about infant massage; what infant massage comprises of including various strokes such as Swedish massage, Indian massage, reflexology and gentle movements, all of which provide numerous physiological and psychological benefits to your baby.

Natalie Garmson, a certified infant massage instructor and in schools instructor will present an informative and educational session.

Day: Thursday
Date: 6 August 2009
Time: 10.30am
Venue: WOMEN'S Healthworks
Cost: FREE

Morning will be provided.

be active WA Train Trip to Mandurah

Come along and enjoy 'being active' and meeting some fellow walkers - as well as celebrating the first day of spring with a one hour train ride down to Mandurah. We will meet with the Mandurah Walking Club who will host a scenic walk departing from the Tourist Bureau.

Day: Tuesday
Date: 1 September 2009
Time: Meet at 9.15am (train departs at 9.35am)
Meet: Perth Underground Train Station - Platform 2
Cost: Train Fare* and lunch
* Free from 9.00am to 3.30pm if you hold a current seniors card

Bring along some snacks and a picnic lunch or buy a coffee and your lunch from the selection of cafés.

"Falling in Love with Food - Value Yourself and Your Health"

National Nutrition Week
12 to 18 October 2009

Today, there is much media time and space given to discussions about obesity, food labels, food advertising, the nutrient content of food and its relationships to health. The decision as to which foods we choose to eat seems to have become quite removed from considerations such as the taste and quality of the food and the value of preparing and sharing foods with our friends and family.

So in this year of "Falling in Love with Food", we aim to nurture total health, not just the physical aspects, by preparing and sharing food with our families and friends.

Come and enjoy learning about the benefits of healthy eating and test some great food with a cooking demonstration from Nutrition Australia.



This workshop and demonstration will held on a day during National Nutrition Week from 12 to 18 October 2009.

For further details contact WOMEN'S Healthworks from 15 September on 9300 1566 or go to the website - www.womenshealthwork.org.au.

Hand Hygiene

Hand hygiene is crucial to reducing the transmission of infectious viruses and bacteria. Hand hygiene includes washing hands with soap and water or cleaning hands with alcohol-based products (gels, rinses, foams) that can be used without water.

Wash your hands properly and often

Most of us don't pay attention to how we wash our hands. It's important to learn the right way to wash your hands.

- Wash your hands with regular soap and water. You don't need antibacterial soap to remove dirt and germs - using antibacterials when they aren't needed can lead to antibiotic resistance.

When to wash your hands:

- Before and after you eat or prepare food;
- After you use the toilet or change nappies;
- After you blow your nose, sneeze or cough; and
- Before and after taking care of someone who is sick.



This information was produced by the Immunisation Program - Department of Health

Social & Support Groups, Membership, Volunteers & Information Services

Women's Walking Groups

Joining a walking group is a great way to act, belong and commit. WOMEN'S Healthworks have a number of walk locations where you can join other motivated women.

The walks vary in length, cater to all levels of fitness and are FREE! Stay for a coffee and a chat after the walk.

New members are always welcome

Butler - Child Health Clinic

- Monday mornings at 9.30am

Heathridge - Granny Spiers Community House

- Finished due to lack of numbers

Duncraig - Child Health Clinic

- Wednesday mornings at 9.00am

Girrawheen - Hainsworth Centre

- Wednesday mornings at 9.30am

Joondalup - WOMEN'S Healthworks

- Tuesday mornings at 9.00am

Remember to bring water, hat and sunscreen.

Want to stay indoors?



With the cooler weather coming, we often find plenty of excuses to avoid getting active. However, with Lakeside City Joondalup and Westfield Whitford City - Mall walking, you can get active indoors.

Hillarys - Whitford City Shopping Centre

- Tuesday & Wednesday mornings at 9.00am

Meeting Point: Alongside Gelatino Kiosk
(between Edments & The Body Shop)

Joondalup - Lakeside Shopping City

- Thursday mornings at 8.50am

Meeting Point: At the Information Desk

Craft Group - FREE

Our Craft Group serves as a wonderful space for women to come together, learn a variety of skills from each other and socialise on **Wednesdays from 9.30am**. New members are always welcome. No experience is needed as the tasks are varied.

The Craft Group make a range of hand made items - gifts and novelties which are available to purchase at reasonable prices. With winter here, now is the time to buy a heat pack for the cold nights.

Information Services

WOMEN'S Healthworks provides a comprehensive range of women's health information and pamphlets, including community notices and advice regarding other services.

Information on other agencies can be provided where WOMEN'S Healthworks services are not sufficient for your needs. Give us a call on 9300 1566.

Membership

Membership is open to women of all ages and to organisations that support the aims of WOMEN'S Healthworks.

The benefits of membership include:

- Discounts on courses and workshops
- The quarterly newsletter - Women's Health News
- The right to vote at Annual General Meetings
- The opportunity to become a member of the Board

Fees: \$14.30 (GST inclusive) for individuals
\$36.30 (GST inclusive) for organisations

Volunteers

If you are able to assist WOMEN'S Healthworks in collating and sorting the quarterly newsletters during

September

your voluntary services would be greatly appreciated. Contact Lynne on 9300 1566.

The Village Project

Supporting women with drug and alcohol issues who have children under 18 years.



This project continues to offer:

Women with children aged under 18 years the opportunities through formal & informal individual and/or group therapeutic interventions to engage in and address issues related to misuse of illicit drugs and/or alcohol;

Children under age 18 years to have opportunities to engage in formal and informal interventions to address issues related to parental misuse of illicit drugs and/or alcohol;

Families in the target communities to have opportunities to increase their knowledge and awareness of issues, support services and referral pathways for families affected by illicit drug and alcohol misuse.

If you would like any information about the Village Project, contact Jenny on Tuesday or Wednesday at WOMEN'S Healthworks on 9300 1566.

Medical, Counselling & Other Services

Appointments for Counselling and Medical services must be made.

Confidentiality and respect is assured at all times

*Translating and Interpreting Services (TIS) can be arranged for non-English speaking women for medical and counselling appointments.
This must be requested at the time of booking.*

Well Women's Health Clinic

The Medical Clinics at WOMEN'S Healthworks provide information, advice, support and treatment for a broad range of women's health issues including:

- Breast Checks
- Pap Smears
- Gardasil Vaccine
- Contraception
- IUCD & Implanon Insertions/Removals
- Ante-natal Care
- Post-natal Check
- Menstrual Problems
- Menopause
- Sexually Transmissible Infections
- Vaginal Infections
- Other women's health issues

Our female doctors and clinic nurse are specialists in women's health issues.

Longer consultations are made available so that doctors can thoroughly discuss health and other issues which impact on your health and wellbeing.

We bulk bill for Pensioners and Health Care Card holders and all follow up appointments.

Medical Clinic - Hours of Service

Wednesdays 9.00 to 2.00pm

Thursdays 10.00am to 2.00pm

Call 9300 1566 to book an appointment



Shared Antenatal Care

WOMEN'S Healthworks (WHW) has introduced shared antenatal care this year. Women who are expecting a baby and are not in a "high risk" category are

able to visit the doctor at WHW for at least seven visits during their pregnancy and have all of the required investigations needed during this time.

The client will contact hospital involved in their care if there are any problems or emergencies during the pregnancy.

Women have shared antenatal care are able to see the same doctor each visit and have less waiting time than in a busy hospital environment.

Counselling Service

WOMEN'S Healthworks provides a confidential low-cost counselling service for women covering a variety of issues. Women can be referred to counselling by a doctor, health practitioner or agency or women can self-refer.

There is a waiting list for appointments.

FEES: \$10.00 (unemployed/or on benefits)
\$15.00 (casual employment)
\$20.00 (part-time employment)
\$30.00 (full-time employment)

Reflexology with Vera Washer

Reflexology is preventative health care. It is a safe natural way of healing and reduces stress and induces relaxation, improves circulation and revitalizes energy.

Reflexology points on the feet or hands are massaged to promote health and relaxation.

Contact WOMEN'S Healthworks on 9300 1566 for an appointment with Vera. Times and days vary.



Naturopathy with Debbie Burton

(Consultant Naturopath)

Debbie is an experienced naturopath/medical herbalist with a special interest in

women's health and all aspects of health care.

Her services include iridology, herbal medicine, homoeopathy, nutritional advice and therapeutic massage.

Debbie offers appointments at WOMEN'S Healthworks on Mondays and can be contacted directly on 0413 621 583 for an appointment .

Sexual Assault Resource Centre (SARC)

An outreach counselling service is offered at WOMEN'S Healthworks on Mondays.

For an appointment contact SARC on 9340 1820 during business hours 8.30am to 5.00pm, Monday to Friday.

This service is FREE.

Private Counselling

Private female counsellors practice at WOMEN'S Healthworks on various days.

For further details on any of the services contact WOMEN'S Healthworks on 9300 1566.