

Nutrition and Food

'Cooking for One' Program

What is the biggest headache in cooking for one?

- Having too many leftovers?
- Finding recipes?
- Wasting food?
- Grocery shopping for one?

Come and join us for this interactive workshop for people who would like assistance in reducing portion sizes.

The 'Cooking for One' Program aims to give participants practice in preparing quick and easy meals. This session will also offer the opportunity to improve nutrition knowledge.



Day: Thursday, 13 May 2010
Times: 9.00am to 11.30am
Venue: WOMEN'S Healthworks
 Conference Room
 Joondalup Lotteries House
 70 Davidson Terrace, Joondalup
Cost: \$9.90 (members) or \$14.30 (non-members)
 Includes yummy tastings

Register at WOMEN'S Healthworks on 9300 1566



Suite 6
 Joondalup Lotteries House
 70 Davidson Terrace
 (cnr Boas Avenue)
 JOONDALUP WA 6027

Telephone
 9300 1566

Fax
 9300 1699

Email
 info@womenshealthworks.
 org.au

Website
 www.womenshealthworks.
 org.au

*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.



Walking Women - Leading the Way

A tremendous effort by the Joondalup Walking Group, resulted in over \$5000 being raised for the Cancer Council's 'Relay to Life' (held in October 2009).

It is initiatives such as these, which involved the ideas and enthusiasm of just a few people - which generate further interest and motivates others and to become involved in community events.

Cancer, unfortunately touches so many of our lives whether it be from direct experience - or with family members and other loved ones. Any initiative which raises funds to continue much needed research is so important. It is with heartfelt recognition that we bow our heads to the women in the Joondalup Walking Group who put the hard yakka in, and walked and walked and walked to raise such an amazing amount for this cause - well done ladies!

The Joondalup Walking Group are hosting an autumn walk around Lake Goollelal in Kingsley. See page 3 for details.

Sugar and Spice Patisserie

(where everything is made fresh on a daily basis)

The owner Patrick, brings a taste of France to Joondalup with his exquisite cakes, pastries and other delicacies.

Sugar and Spice is much more than a patisserie. There are so many choices available for morning tea, lunch (you don't need to have a reason) any occasion will do.

Sugar and Spice currently offer sponsorship towards 'Women's Health News' for 2010.

Sugar and Spice is located at Shop 3, 189 Lakeside Drive in Joondalup.



Programs, Courses and Workshops

Tai Chi

Tai Chi is a highly enjoyable way to stay relaxed and healthy. It gives you inner peace, joy and vitality.



Advanced Levels - for those who have attended previous classes and wish to learn the next level.

Dates & Times

Tuesday: 20 April to 29 June 2010 (11 weeks)

Times: 9.00am and 10.00am

How to Better Manage Your Stress, Anxiety and Immune System!



Stress and anxiety can impact on our mood, energy and immune system.

We are often under tremendous stress at certain stages of our lives. Identifying the reasons behind stress, sleeplessness is important.

How we can improve the body and mind deal with the stress, depression as well as improve our immune system, digestion and overall wellbeing, with simple ideas for improved immune function

Debbie Burton ND (a highly qualified naturopath) is passionate about assisting families to achieve better health.

Learn simple but effective approaches to improving your health. ***Knowledge is always empowering!***

Day: Monday

Date: 24 May 2010

Times: 1.00pm to 2.30pm

Cost: \$7.70 (Members)
\$9.90 (Non-members)

The Benefits of Feldenkrais

The Feldenkrais Method is aimed at those women who would like to be able to move more freely, relief of pain, effortless improvements in posture with increased flexibility and greater ease in performing daily tasks.



It is not about exercise but learning to move in a more synchronized way to achieve greater flexibility and ease of movement.

Day: Thursdays

Date: 20 May to 17 June 2010 (5 weeks)

Times: 9.30 - 11.00am

Cost: \$55.00 (Members)
\$66.00 (Non-members)

Wear loose comfortable clothes and bring along a mat/towel for floor exercises.

The Village Program

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



The Village Program continues to deliver a much needed service for women who have drug and alcohol issues.

Women who access the program will have the opportunity to work together with their children in developing a greater sense of belonging to each other and to further develop healthy attachment relationships.

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

The Body Esteem Program

Do you know anyone that could benefit from accessing a support service for eating disorder sufferers?



Are you a parent or carer of someone close to you who suffers from an eating disorder?

WOMEN'S Healthworks offers programs which can assist women (18+) who suffer from Anorexic/Bulimic or Binge/Overeating disorders as well as loved ones and family members. We provide groups which are facilitated by women who have experienced an eating disorder themselves.

The Body Esteem Self-Help Program follows a structured format, and explores and encourages the implementation of strategies for a sustained recovery. The BEP respects each individual and acknowledges everyone's unique story. It is the safe, supportive and nurturing environment which participants contribute to their success in embracing a journey of recovery:

"I gained hope and belief in my own ability to recover... the facilitators were fantastic, so understanding and I felt so safe" - participant

Additionally, we offer support and information groups for carers and friends. Professionals from the eating disorders field present information on strategies and approaches of intervention which can be applied within the home setting, as well as an overview of intervention, treatment and support services which are available in Western Australia.

All BEP programs are delivered from a central metropolitan location assisting access to this service for women living north, south, east or west of the city.

For further information, telephone 9300 1566 or email cath@womenshealthworks.org.au.

Social & Support Groups, Membership, Volunteers & Information Services

Women's Walking Groups

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

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?

Then mall walking is for you!

Hillarys - Westfield Whitford City Shopping Centre

- Tuesday & Wednesday mornings at 9.00am

Meeting Point: Ground floor outside the Netway Computers (near the Westpac Bank)

Joondalup - Lakeside Shopping City

- Tuesday and Thursday mornings at 8.50am

Meeting Point: At the Information Desk

Group Walk in Kingsley

Joondalup Walking Group are hosting an autumn walk around Lake Goollelal in Kingsley.

The 4.5km walk will take about an hour, with paths allowing walkers to explore parts of the Yellagonga Regional Park.

Day: Tuesday

Date: 20 April 2010

Times: 9.00am - Walk
10.00am - Morning Tea at Lakeview Cafe

Venue: Waldecks Nursery
179 Wanneroo Road
Kingsley



*Remember to bring a water bottle,
hat and money for morning tea.*

Craft Group

Our WOMEN'S Healthworks Craft Group provides opportunities for women to meet in a social setting and learn a variety of craft skills from each other on **Wednesdays from 9.30am**.

The Craft Group serves as a wonderful space for women to come together and share skills and socialise. Creativity, learning together, laughing and conversation keep this group alive.

New members are always welcome. No experience is needed as the tasks are varied. **Cost: FREE!**

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

July and September

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

Sale of New 2010/2011 Entertainment Books

As part of WOMEN'S Healthworks fundraising, your purchase of an Entertainment Book will support us in our ongoing delivery of services.

**ONLY
\$65**

Entertainment Books are \$65 and can be reserved and collected at WOMEN'S Healthworks.

Please tell your family, friends and work colleagues that these books are available for sale, are great value for money and make an excellent gift.

RING 9300 1566 TO PLACE YOUR ORDER

Medical, Counselling & Other Services

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 revitalises energy.

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

Contact WOMEN'S Healthworks on 0409 041 948 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 contact WOMEN'S Healthworks on 9300 1566.

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.

Change of Opening Hours

WOMEN'S Healthworks has changed opening hours:

Mondays and Fridays - 9.00am to 4.00pm

Tuesdays - 9.00am to 6.00pm

Wednesdays and Thursdays - 9.00am to 5.00pm.

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
- 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 the 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.

Medical Clinic - Hours of Service

Mondays 9.00am to 1.30pm

Tuesdays 9.00am to 3.30pm

Alternate Wednesdays 9.20am to 2.00pm

Thursdays 10.00am to 2.00pm

Fridays 9.00am to 1.30pm

Call 9300 1566 to book an appointment