

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.

Women on Wellness Program

Healthy Nutrition Workshops and Walks

In August a series of **FREE** workshops provided by WOMEN'S Healthworks (WHW) and Nutrition Australia will be delivered in the City of Wanneroo at the community centres in Girrawheen and Carramar.

This project is called 'Live, Love, Life - Stepping in to Cook' and includes a series of four workshops at each location as well as community based 'walks'.

Each workshop will have a focus on how healthy cooking can have a positive impact on the prevention and treatment of chronic disease and will provide practical and stress free recipes to try at home. Each workshop will be fun and activity based and will include free sampling of the yummy food which will be prepared each week.



Incentives, rewards and a competition for home style healthy recipes (with prizes!) will all form part of the fun.

For more information about dates, times and registration details, please call WOMEN'S Healthworks on 9300 1566.



Step into Spring

Join the Joondalup Walking Group for a guided walk from the car park at Neil Hawkins Park in Joondalup to the Botanic Golf Gardens (4.5kms/9kms return), with morning tea at Leapfrogs Café. The overall time is 3 hours, with resting places on the way.

There are three (3) options available:

1. The full circuit (Joondalup - Botanic Golf - return)
2. Complete one 'leg' of the walk and morning tea
3. Meet at Leapfrogs Café for morning tea and a stroll.



WHEN: Tuesday 7 September 2010
DEPART: 9.00am from Neil Hawkins Park (carpark)
ARRIVE: 10.00am Botanic Golf
MEET: 10.00am to 11.00am morning tea
DEPART: 11.00am for return to Neil Hawkins Park

Wanneroo Botanical Gardens



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

Ring WOMEN'S Healthworks on 9300 1566 to register your interest.

Programs, Courses and Workshops

'Freeing up your back'

The Feldenkrais Method®

Do you get back pain or want to prevent it?

Then join this series of Feldenkrais lessons. We explore different movement patterns to overcome pain and strain on your back. Learn to move with greater ease and less effort, which can relieve and prevent back pain.



Day: Thursdays
Date: 22 July to 19 August 2010 (5 weeks)
Times: 9.30 - 10.30am
Cost: \$55.00 (Members)
\$66.00 (Non-members)

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

Balancing a healthy mind and body + Coping with winter illnesses



Confused about what is good to eat? How much is a portion? Correct combining of foods. How foods, herbs and nutrients can assist cholesterol, diabetes cardiovascular disease, the immune system and reduce stress.

Winter is the time for colds, flu, sinus and coughs. Are you finding that you cannot recover from illness. Children are especially vulnerable during winter time. We can build stronger immune systems.

Empower yourself and assist your family by coming to a talk by highly qualified naturopath - Debbie Burton ND, who is passionate about assisting families to achieve better health.

Day: Monday
Date: 16 August 2010
Times: 12.30pm to 2.30pm
Cost: \$7.70 (Members)
\$9.90 (Non-members)

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 July to 21 September 2010
(10weeks)
Times: 9.00am and 10.00am

Making Your 40s Fabulous

YOUR HORMONES
YOUR LIBIDO
YOUR HEALTH



presented by

The Jean Hailes Foundation for Women's Health

Women are invited to attend an online health information seminar on the evening of 1 September 2010 at WOMEN'S Healthworks.

Join women across Australia in this online community webcast event. This is a great opportunity for women in the community to get together in a supportive and social setting while at the same time having access to relevant, reliable and researched information using technology to bridge the distance.

**Wednesday 1 September 2010
commencing at 5.00pm with
the webcast starting at 5.30pm (7.30 AEST)
facilitated by
Marie (WHW Clinic Nurse)
and
Tracey (Program Development Manager)**

Hear the latest from the Jean Hailes Foundation for Women's Health presented by Australian experts in women's health. They will be discussing health issues that may affect women in their 40s such as:

- hormonal changes
- libido
- physical changes
- sleep
- emotional health
- the importance of maintaining health for the future
- as well as providing easy-to-understand preventative health strategies.

This is a terrific opportunity for women to explore some health issues they may be facing and help them make important choices in their 40s to ensure long-term health and wellbeing.

We encourage women to come along to hear about the latest research from experts in the field and to be part of a fantastic national event.

Gold coin donation. Light refreshments provided

To book - ring 9300 1566. **Places are limited.**

Social & Support Groups, Membership, Volunteers & Information Services

Stepping It Out Program

WOMEN'S Healthworks have a number of walk locations both indoors and outdoors where you can join other motivated women.

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

Butler - Child Health Clinic

- Monday mornings at 9.30am

Duncraig - Child Health Clinic

- Tuesday mornings at 8.30am
- 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 and wet weather gear (in case of rain).

Want to stay out of the cold?

Then an indoor walking group 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: The Information Desk

***Walking has so many benefits.
All of our walking groups welcome new members - so go on join today!***

Craft Group

Our friendly, enthusiastic group of women meet each Wednesday morning from 9.30am to 11.30am.

It's a wonderful way to meet others in the community, make new friendships as you share skills and learn a variety of craft skills from each other to create hand made crafts which are sold to raise funds for WOMEN'S Healthworks.

Women of all skill levels are welcome and no experience is necessary. All craft materials and tea/coffee are supplied.

Cost: FREE!



Information and Referral 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

Support WOMEN'S Healthworks by becoming a member.

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

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

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.

Sugar and Spice Patisserie

Discover that special "Sugar and Spice feeling" and let yourself be transported to a European sweet dream with their mouthwatering temptations and the sound of French music, all without leaving WA.

Sugar and Spice currently offer sponsorship towards 'Women's Health News' and will be making our 21st birthday cake.

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



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 including depression, panic and anxiety, stress, self-esteem, sexuality or domestic violence to name a few.

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: Sliding Scales between \$10 and \$30.

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, homeopathy, 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.

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 Vera on 0409 041 948 for an appointment. Times and days vary.



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.

FREE Crèche Facilities

Is childcare difficult for you?

Then please book your appointments for the well women's clinic or counselling services on a Tuesday or Wednesday, when WOMEN'S Healthworks is able to offer FREE crèche facilities between 9.00am and 4.00pm.

For further details ring 9300 1566

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 4.00pm

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