

Health Promotion Workshops

Series of Guest Presentations

August to November 2010.

AN UNCONTROLLABLE URGE

Do you know anyone who always knows where the public toilets are?

Come & join an informed discussion with our local continence nurse who will discuss contributing factors for incontinence, such as stress, medication and operations. Learn how to prevent instability or weakness in this area.

Thursday, 5 August 2010, 1.00pm to 2.00pm

KEEPING A-BREAST OF THINGS!

Having a greater awareness of breast health is VITAL for all women.

This talk will provide valuable information for women to understand the importance of self-examination and regular mammograms, and the role of BreastScreen NSW in providing free breast screening to women aged over 40 years.

Thursday, 2 September 2010, 10.00am to 12.00pm

SAFETY IN THE HOME

Having trouble reaching low lying objects?

Do you know what you can do to prevent a fall? Come and enjoy a conversation with our local occupational therapist and learn how to help yourself stay independent at home.

Thursday, 7 October 2010, 10.00am to 12.00pm

HEART FOUNDATION

This workshop discussion will enable you to understand symptoms, prevention and the services available for a healthy heart.

A lived experience of heart issues will be given by one of the presenters.

Thursday, 4 November 2010, 10.00am to 12.00pm

Bookings Essential

To register, please phone Intake Service on 1800 077 760 (free local & mobile calls)

Centre for Women's Health, 288 Queen Street, Campbelltown NSW 2560. T: 4633 3777