

Womens Health & Family Services

Health Promotion - Community Health Education



womens health
& family services

All sessions are run by the Health Promotions Team. For more information on sessions and costs email bookings@whfs.org.au

Health Area	Topic/Overview	Length
Women's Health	<p>These workshops are designed to provide a general overview of women's health and what some of the risk factors are. These talks include information on how to manage and maintain a healthy lifestyle.</p> <p><u>Topics include:</u></p> <ul style="list-style-type: none">- Recommended health checks over a woman's life span- Menopause- Bone health- Sexual health	60-90 min
Nutrition	<p>Very interactive sessions that teach participants how to read food labels to promote making healthier choices during food shopping. How our food choices and diet can impact on our mood and mental wellbeing.</p> <p><u>Topics include:</u></p> <ul style="list-style-type: none">- Food label reading- Food and mood- General healthy eating	60-90 min
Physical Activity	<p><u>Topics include:</u></p> <ul style="list-style-type: none">- Physical health education talk (includes Australian physical activity guidelines)- Are you sitting too much? Why are you so tired?- Barriers to exercise and practical step by step strategies to help overcome those barriers- Australian physical activity guidelines- Restorative yoga, relaxation and meditation- Mindfulness- Selfcare massage- Dance for wellbeing	60-90 min
Mental Health and General Wellbeing	<p><u>Topics include:</u></p> <ul style="list-style-type: none">- Alcohol standard drink guidelines (may include information on other drugs)- Stress- Selfcare- General mental health	60-90 min
Mother and Child	<p><u>Topics include:</u></p> <ul style="list-style-type: none">- Parent and toddler yoga- Bond with your baby- Heartbeat club- Infant First Aid	60-90 min