

Women's Health Matters is offering **FREE health education sessions for multicultural groups in your area for adults over 18 years old.**



Talk about health with a friendly educator who speaks your language

Languages

Arabic, Cantonese, Hindi, Kannada, Khmer, Mandarin and Urdu

How to book

Email: himl@womenshealthmatters.org.au

or

Fill out booking request form:

<https://forms.office.com/r/SJHHCXM1rK>

Learn online or in person about:

- Staying COVID-19 safe
- Women's health and wellbeing
- Sexual and reproductive health
- Preventing & managing chronic conditions
- Healthy relationships
- Women's safety and wellbeing
- Understanding the health system

A national project to deliver bilingual health education on COVID-19 vaccination funded by the Australian Government

Topic 1: Staying COVID-19 safe

In this session we discuss what it means to stay COVID-19 safe. We can explore topics like: COVID-19 vaccination, boosters, vaccinations for children, rapid antigen tests, maintain health and wellbeing during pandemic, look after yourself and others with COVID-19.

Topic 2: Women's health and wellbeing

In this session we discuss women's health and wellbeing. Topics include: Mental Health, Breast Health, Cervical Health, Endometriosis, Menopause, Hormone Replacement Therapy, Menstruation, Osteoporosis, Pelvic Floor and Polycystic Ovarian Syndrome.

Topic 3: Sexual and reproductive health

In this session we will learn about the different choices we can make about our bodies. It includes topics like sexually transmitted diseases, contraception, fertility and pregnancy.

Topic 4: Preventing and managing chronic conditions

Many people in Australia die from diseases such as heart disease, stroke, diabetes and some cancers. In this session we talk about steps you can take to prevent and manage chronic diseases such as eating healthy food, exercising, stopping smoking or managing alcohol.

Topic 5: Women's safety and wellbeing

Women of all ages and backgrounds can experience violence. Women can feel unsafe in their home, in public or at work. Violence has many negative effects on women's health and wellbeing. Research tells us that migrant and refugee women are less likely to know their rights and how to get the right support. It is important that everyone understands what violence is, how we can prevent it and where we can get support for someone we know. This module covers many issues in a non-judgmental way.