

Women's Health offers support to local women

All women from the Burketown and Gregory Downs areas are invited to free community talks to have their health questions answered by a qualified Women's Health Educator and Midwife.

Looking After You, being held on Tuesday, 26 May and Wednesday, 27 May 2015, is an opportunity for women of all ages to learn more about women's health with topics including contraception, hot flushes and mental wellbeing.

"These private and confidential health talks give women the opportunity to get 'the facts' and have any myths dispelled," according to Women's Health Queensland Wide Inc (Women's Health) Education Team Leader, Ms Belinda Kippen.

Belinda has been invited to Burketown and Gregory Downs by members of the Gregory Branch of the Queensland Country Women's Association and these talks provide an opportunity for women to gain information and support despite their geographic location.

The talks will cover conception, contraception, pregnancy, sexual health, pelvic floor health and menopause. Belinda will also explain a number of programs and services provided by Women's Health to support women across the lifespan.

Staff from Women's Health will also be at the Molly's Baby Room's Baby and Toddler Expo at the Mt Isa Civic Centre on Sunday, 31 May discussing the *Midwife Check-in* program.

"This is a telephone-based support service designed to help pregnant women and new mums feel more connected and more confident to make positive health decisions both throughout their pregnancy and as parents."

"We know that feelings of isolation are one of the risk factors in developing postnatal anxiety and depression and having a baby is a very isolating experience for a lot of women, particularly in regional and remote areas of Queensland. The more mentally healthy we are, the happier we feel, allowing us to better cope with problems and stresses in life," Ms Kippen said.

Women's Health is a not for profit, health promotion, information and education service for women and health professionals throughout Queensland.

Pregnant women and new mums who would like to register for the Midwife Check-in can call 1800 017 676, email HIL@womhealth.org.au or visit www.womhealth.org.au.

FREE COMMUNITY TALKS INFORMATION:

Gregory Downs: 10.00am, Tuesday 26 May at Gregory Hall

Burketown: 10.00am & 5.15pm, Wednesday 27 May at Nijinda Durlga Meeting Room