

Living and loving well beyond 40!

An evening workshop for women

Crowne Plaza, Marlow – Wednesday 14th March 2012

Join us for a lively interactive meeting led by health and wellbeing experts

Wellbeing & lifestyle tips and sexual health advice – to help you stay healthy and active at 40 and beyond

Living well – nutritional needs for middle years

Loving well – a healthy sex life at 40 and beyond

Your body beyond 40 – heart health, HRT and the menopause

Breast cancer risks and survivorship

Open Forum – your questions answered

Speakers to include: Kathy Abernethy - senior nurse specialist, Vanessa Francesconi - local nutritional therapist, Mr Nick Panay - consultant gynaecologist, Miss Joan Pitkin - consultant gynaecologist, Dr John Stevenson - menopause, HRT & heart specialist

6.00pm Buffet Reception; 6.30-8.30pm Workshop and Open Forum
Space is limited to 50, so please register early online:

womens-health-concern.org/workshop



Prize draw to include:

One free spa treatment at the Crowne Plaza Marlow; self-help books by psychologist, broadcaster and agony aunt, Susan Quilliam

Admission: £10 charitable donation – to include a goody bag, light refreshments and free entry into the prize draw.