

Living and loving well beyond 40!

An evening workshop for women

Clair Hall, Haywards Heath, RH16 3DN – Tuesday 1st April 2014

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 care, mid-life cancer risk

Open Forum – your questions answered

Speakers to include: Dr John Stevenson, Menopause, HRT and Heart Specialist; Kathryn Colas, Menopause Mentor; Laura de la Harpe, Nutritional Therapist; Victoria Lehmann, Sexual and Relationship Therapist; Jo Marsden, Surgical Consultant, Breast Care
Programme adviser: Dr Thikra Bashir, Consultant Gynaecologist, Haywards Heath Hospital

5.45pm Buffet Reception; 6.30-8.45pm Workshop and Open Forum

Space is limited to 60, so please register early online:

www.womens-health-concern.org/workshop



**Women's
Health
Concern**

Registered Charity 279651

Admission: £10 charitable donation to include a goody bag, light refreshments, access to the wellbeing exhibition and one free entry into the prize draw

 **Nuffield Health** Lead sponsor

4-6 Eton Place, Marlow, Buckinghamshire SL7 2QA Telephone: 01628 890 199
Women's Health Concern is the patient arm of the British Menopause Society

