

Below the belt...!

Information, advice and reassurance on key areas of your health as you approach your 40s and beyond

Thursday 28 January 2016 –

Education Centre, Northwick Park Hospital,
Harrow, HA1 3UJ

**Join us for a lively informal evening led
by health and wellbeing experts**



Facilitator: Miss Joan Pitkin, Consultant Gynaecologist, Northwick Park Hospital

• **What's the bleeding problem? Heavy menstrual bleeding & fibroids explained**

Mr Magdy Nawar, Consultant Gynaecologist & Obstetrician, Northwick Park Hospital

• **Your body beyond 40 – HRT & the Menopause**

Dr Jane Woyka, GP Associate Specialist, Northwick Park Hospital
Menopause Clinic and Harrow Health Care Centre

• **Contraception in my 40s: can I be bothered?**

Dr Anusha Dias, Consultant in Sexual & Reproductive Healthcare
& Psychosexual Medicine, London North West Healthcare NHS Trust

• **Loving well – a healthy sex life at 40 and beyond**

Ms Julie Sale, Sex & Relationship Therapist, Letchworth

• **Open forum – your questions answered**

6pm Light refreshments; 6.45-9pm Programme & Open Forum

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

www.womens-health-concern.org

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



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Women's Health Concern is the patient arm of the British Menopause Society

