

Are you a woman with intellectual disability aged 45-64 years?

Would you like to learn more about how to stay healthy?

Family Planning NSW is starting a group for women with intellectual disability.
The group is called

the Women's Health Learning Circle

Some of the things you will learn about are:

- menopause
- health checks for your private body parts
- relationships
- how to keep your body healthy

The Women's Health Learning Circle will meet once a week for 4 weeks.

WHERE:

Family Planning NSW
328-336 Liverpool Road
Ashfield NSW 2131

COST:

Free

WHEN:

2:00pm – 4:00pm

Thursday 8 June 2017

Friday 16 June 2017

Thursday 22 June 2017

Friday 30 June 2017

If you would like to be part of this group contact:

Abi Monaghan

P: 02 8752 4388

E: healthpromotion@fpnsw.org.au



**It is important to contact us before 2 June 2017
if you want to be part of the group.**