

THE WOMEN'S WELLNESS PROGRAM



Women's Wellness in Midlife Program.

This 12 week healthy lifestyle program is designed to support you in midlife and during menopause. The program has been developed especially for women in this stage of their life and is based on the latest research evidence.

The Women's Wellness Program is the brain child from Professor Debra Anderson, one of Australia's leading researchers in Women's Health. Her team at Griffith University have developed this proven lifestyle program to support women at different stages of their life.

Women's Wellness Group Program

The program consists of 4 x group sessions that focus on improving healthy lifestyle behaviours including exercise, nutrition, sleep and stress management. as well as focusing on managing menopause symptoms.

Every woman will work through their Women's Wellness Journal each week with regular group sessions to review and support their health journey.

Week 1 - Thursday 14 March (1)

Week 3 - Thursday 28 March (2)

Week 8 - Thursday 2nd May (3)

Week 12 - Thursday 30 May (4)

The cost of the program is \$185 with private health rebates available. This includes 4 x group sessions with Vicky Graham (Women's Health Exercise Physiologist) and their Women's Wellness Journal.

If you would like to register for the group program starting on 14th March at 5.45pm please fill out the attached form or contact us on 3325 3678. The program will be held in our clinic at 691 Albany Creek Rd, Albany Creek.