



## **MEDIA RELEASE**

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# **Tallangatta's First Women's Health Forum**

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Towong Shire Council, the Tallangatta Health Service and Jean Hailes for Women's Health are proudly presenting a Women's Health Forum at the Tallangatta Library and Community Centre on Tuesday 30 May.

The forum will cover a range of women's health topics including emotional health and wellbeing, healthy living, nutrition and physical activity. Better yet, the forum is completely free and includes a complimentary breakfast.

The event will also feature a keynote address from Brigitte Weber – Women's Health Nurse Specialist on behalf of Jean Hailes for Women's Health. Tallangatta Health Service specialists Sue Reid, Catherine Robichaud and Cathy Wallace will also present.

Towong Shire Council Mayor Cr David Wortmann urged the region's women to come along.

"We're really lucky to have some leading health experts presenting at this event," he said. "It will be a wonderful way for the region's women to learn little tips and tricks to improve their health and overall wellbeing."

Jean Hailes for Women's Health executive director Janet Michelmore AO, said that the forum is a great opportunity for women to take a little time out to think about themselves and their health.

"It's important that, as women, we look after ourselves. After all, the health of those we love starts with us," said Ms Michelmore.

Jean Hailes for Women's Health is a national not-for-profit organisation dedicated to improving the knowledge of women's health throughout the various stages of their lives, and to provide a trusted world-class health service for women. Jean Hailes for Women's Health is proud to be involved in this event, with support from the Eirene Lucas Foundation.

### **Why is this forum so important?**

- 86% of Victorian women do not eat the recommended quantity of fruit and vegetables as recommended by the Australian guidelines for healthy eating.
- Women living in inner regional, outer regional and remote areas are more likely to be overweight or obese (63.2%) than women living in major cities (52.5%)

- 62% of Australian women do not meet the recommended physical activity guidelines
- Young Victorian women aged 14 to 24 years more commonly drink at levels deemed to be 'at risk' for long term harm than their male peers

Source: [Women's Health Victoria](#)

Tallangatta Neighbourhood House activities are coordinated by Towong Shire Council and funded by the State Government through the Neighbourhood House Coordination Program.

**Women's Health Forum**

**When:** Tuesday 30 May, 8am - 10.30am

**Where:** Tallangatta Library and Community Centre, Towong St, Tallangatta

**RSVP:** Towong Shire Council 02 6071 5100

**Cost:** Free!

**Media Contacts and Interviews**

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