



the women's
the royal women's hospital

Media Release

Monday 18 January 2010

Multicultural menopause help

The Royal Women's Hospital is now providing its Menopause Education Program in Arabic and Cantonese as well as English.

The successful program called, *Put a little Spring in your step*, helps women gain an awareness of issues around menopause and gives them resources and information to stay healthy and positive. It was established in 2001 as part of the Women's menopause outpatient clinic.

Program coordinator, Gabby Sprague of the Women's Health Information Centre said the Menopause Education Program has received an overwhelmingly positive response over the years.

Now the hospital sees an opportunity to offer the program to a wider community.

"For the first time, the Women's Health Information Centre will be offering sessions for Arabic and Cantonese speaking women, as well as for women who have experienced early or surgical menopause," she said.

The program is free, and all sessions are held on Thursdays. They include guest speakers who offer information on a range of health topics, followed by some gentle exercise.

The Arabic sessions, which are being coordinated with the help of the Muslim Women's Council of Victoria, will be held from 18 February to 11 March. The sessions for women who have experienced early or surgical menopause will be held from 15 April to 27 May. The Menopause clinic in English will be held from 15 July to 26 August. And sessions in Cantonese will be held from 14 October to 4 November.

When: Thursday afternoons

Where: The Women's Health Information Centre, the Royal Women's Hospital, corner Grattan Street and Flemington Road, Parkville.

Cost: Free

Bookings are essential. Phone 03 8345 3045 or email whic@thewomens.org.au

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For more information please call:

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