Western Victoria Primary Health Network is pleased to support the Jean Hailes Women’s Health Week, 5-9 September 2016.

Your practice has the opportunity to participate in Women’s Health Week to help reduce the growing burden of illness for women in the Western Victoria region.

Practices are being asked to share the Women’s Health Week message and support their patients to make better health decisions and have some fun along the way.

**THE 2016 THEME: AM I NORMAL?**

A question, we know, every woman at some stage of her life asks. Whether it’s about weight, body image, mental health or sex, let’s get rid of the elephant in the room and start talking about these subjects and more!

During the five days of the 2016 Women’s Health Week (5-9 September) we will focus on

- Monday: What’s normal?
- Tuesday: Body image – you are your own critic
- Wednesday: Healthy weight – know the three Ss
- Thursday: Mental health – what can you do?
- Friday: Let’s talk about sex

**HOW TO GET INVOLVED**

Submit a photo that showcases your Women’s Health Week activities to go in the running to win! A $500 prize will be awarded to the general practice and allied health service provider with the best display and event for the region.

**Turn the page to see the four simple steps for getting involved...**
To enter the competition, simply follow these four steps:

Step One: Subscribe online at www.womenshealthweek.com.au to receive email updates and information

Step Two: Register to host a community event or workplace trade display and be supported by Western Victoria Primary Health Network and the Jean Hailes team. You can also order free guest show bags for your event attendees: http://womenshealthweek.com.au/host-an-event

Step Three: Help Jean Hailes and Western Victoria Primary Health Network promote the event with promotional messaging and material in your practice and on Facebook

Step Four: During Women’s Health Week 5-9 September 2016 post a photograph of your display or event on the Western Victoria PHN Facebook page at https://www.facebook.com/westvicphn with the hashtags #womenshealthweek and #westvicphn to be in the chance to win $500 for your workplace.

For more information contact your local Primary Care Consultant or email info@westvicphn.com.au