

**PRESTON WOMENS HEALTH FORUM
INVITES YOU TO JOIN US TO
CELEBRATE
INTERNATIONAL WOMENS DAY**

This fair will include a programme of events to cover all aspects of Women's health:

- Practical sessions
- Displays/stalls
- Theatre group - Framework
- Cookery Demonstrations
- Music and Arts

**FRAMEWORK, Community Theatre
Company present:**

"NEXT PLEASE!"

A performance written for Womens Health Day called "Next Please!" takes you on a familiar journey to the Doctors. From deciding to go, to fighting your way past reception, waiting and waiting in the waiting room, where you go over in your head again what you will tell the Doctor. To finally finding yourself in that chair in front of the Doctor, who pen in hand, begins to listen?!

**PRACTICAL SESSIONS RUNNING
ON THE DAY**

STRESS MANAGEMENT

The ability to recognise and to cope with stress is essential to our well being. The workshop will concentrate on identifying stress when it builds up. There will be a 'taster' of relaxation techniques which may be of help to all women and particularly useful given our demanding and competitive lifestyles.

IMAGES OF WOMEN

Using creative arts activities to explore images of ourselves as women. The workshop will begin looking at images of women portrayed in different magazines and public situations.

The session will then be used for women to create a true image of themselves using various arts materials. The workshop will be fun and it's geared towards women who may never have used arts to express themselves.

**DEALING WITH
THE MENOPAUSE**

What is the menopause?
How does it affect me?
What is Hormone Replacement Therapy (HRT)?

What is osteoporosis?
Can I help prevent it?
This workshop will help women find out more about these issues - it aims to cut through the maze of information already available.

**COMPLEMENTARY
MEDICINE**

There will be information and demonstrations concerning a range of different complementary medicines including: Acupuncture, Osteopathy, Reflexology, Aromatherapy, Herbalism and Nutritionists.

**ASSERTIVENESS
AND HEALTH**

Assertiveness training is a self-help measure to learn how to improve communication and to develop self-esteem and self-confidence, as well as how to deal effectively with difficult interpersonal relationships.

There are many areas in which assertiveness or a lack of is directly related to decision making with regard to health behaviours such as smoking, drinking, use of contraception and so on. This workshop will provide you with an opportunity to look at the link between assertiveness and our health and will provide a safe environment in which to develop your skills and self-confidence.

"HAVE YOUR SAY!"

A fun, informal atmosphere where you will have a chance to discuss the situations you have watched in the performance "Next Please!".

To take part in role plays and to practise asserting ourselves with receptionists, doctors and partners. Saying what we want and feel in a confident way and not feeling undermined or trivialised. Come along and have your say!