



TERANG & MORTLAKE  
HEALTH SERVICE

# HEALTH & WELLBEING NEWSLETTER

September 2023

# WOMENS HEALTH WEEK

*GROW YOUR KNOWLEDGE 4TH - 8TH SEPTEMBER*

HEALTHCHECKS MYTHS  
 CARE PERI MENOPAUSE  
 CERVICAL SCREENING HEART  
**WOMENS HEALTH**  
 HEALTH WEEK 2023  
 BC SELF PAINFUL SEX H  
 RH COLLECTION MENTAL R  
 E PMS LOAD O M  
 AC PCOS FERTILITY VULVA H  
 S K PAINFUL PERIODS T S  
 MOODS JOINT PAIN NURTITION  
 ENDOMETRIOSIS  
 CHRONIC PAIN  
 MENOPAUSE



To view resources and find out more information visit the Jean Hailes webpage and sign up for regular Women's Health Updates

# Grow your knowledge

# RUOK?

**R U OK?Day 2023 is Thursday 14 September** and is our national day of action when we remind Australians that every day is the day to ask, 'are you OK?' and start a meaningful conversation whenever they spot the signs that someone they care about might be struggling with life.

R U OK? is calling on all of us to let the people you care about know you're here, to really hear them.

By taking the time for an R U OK? conversation and genuinely listening with an open mind, we can all help the people in our world feel supported and connected.

**ASK - LISTEN - ENCOURAGE - CHECK IN**

## Recipe

One Pan Honey  
Mustard Chicken

30 minutes & serves 4



## WORLD HEART DAY 29TH

Could you be at risk of heart disease?

The Heart Age Calculator estimates your heart age based on your inputs and compares to your actual age.

This calculator is intended for people aged 35-75. Your risk of a heart attack or stroke may be higher if your heart age is greater than your actual age.

USE the QR code to check your heart age.



## Podcast

THE JEAN HAILES PODCAST  
For all things Women's Health

IN GOOD HEALTH  
Dr Sandro Demaio (Vic Health CEO)