



Nursing, Education and Health Promotion Services

## The WONS Health Review

August 2009 Edition 20

### WOMEN'S HEALTH EXPO

*Celebrating Women,  
Celebrating Life*



*Topics: Vitamin D is this the missing link? Menopause, Osteoporosis, Bladder Control, Breast Health, Cervical Cancer Vaccination, HPV & Cervical Smears.*

#### Presenters:

Mr Jim Bartley, Prof. Ian Reid, Dr Carolyn Bilborough, Dr Stella Milson, Dr Wayne Jones, Dr Hazel Lewis

**Date:** 17<sup>th</sup> October 2009  
**Time:** 10.00am – 3.00pm  
**Venue:** Hopetoun Alpha  
19 Beresford Square, Auckland  
**Cost:** \$120.00  
(includes lunch & goody bag)

**CME points & certificate of attendance provided**

### Open to the Public

Book now, places limited  
Register online [www.wons.org.nz](http://www.wons.org.nz)  
Or for a registration form  
Email: [admin@wons.org.nz](mailto:admin@wons.org.nz)  
or ph (09) 846 7886

### Free Entry for Cervical Smear taker Course 14, 15 and 19 August



WONS has 10 places available for nurses who are working with Maori, Pacific and Asian women. Criteria applies. Clinical support given.

Contact [admin@wons.org.nz](mailto:admin@wons.org.nz) for more information.

#### Courses

- **Free** 1 Day Immunisation Information Course
  - **Free** 1 hour PHO/GP Cervical Screening Updates
  - **Free** Cervical Screening Information Course
- \*\*\*\*\*
- Women's Health Short Course
  - Cervical Smear taker Course
  - Health Professional Updates \$30.00 (revised price)

### Asian Women's Health Symposium

Alexander Park Function Centre  
Epsom  
18<sup>th</sup> September 2009  
8.30am – 4.30pm.

Cost: \$50 pp.

(4) themes that will serve as our parallel discussion sessions:

- Barriers and Inequalities
- Mental Health Prevention
- Sexual Health and Violence
- Workforce Capacity Development

Hon Pansy Wong and Dr Jackie Blue (MP) will be our guests of honour.

Registration see [www.wons.org.nz](http://www.wons.org.nz) for more information

Jointly run by WONS and the Asian Health Foundation of New Zealand.

**CME points & certificate of attendance provided**

## ENCORE Programme

### YWCA Encore

After breast cancer

Gentle exercise programme



### What is Encore?

YWCA Encore is a gentle exercise programme conducted by women, for women who have had breast cancer surgery at any time in their lives. Encore is an eight week programme of specifically designed pool and floor exercises, healthy lifestyle information, relaxation and peer support.

Encore is a national programme run by the YWCA, a community based, non profit organisation. An advisory group of medical experts oversee the programme.



### How can Encore help?

We know that after surgery many women experience numbness, pins and needles, loss of mobility and discomfort in their upper bodies. Encore can help relieve these problems through gentle stretching exercises.

### We aim to help you:

- Improve mobility and flexibility in your arms and shoulders
- Relieve any discomfort you may be experiencing as a result of surgery
- Manage the symptoms of existing lymphoedema and reduce the risk of developing lymphoedema
- Laugh, relax and have fun

YWCA Encore

[www.akywca.org.nz](http://www.akywca.org.nz)

National ph: 0800 ENCORE (0800 362 673)

YWCA Auckland : ph 375 9242

PO Box 8749, Grafton, Auckland 1150

## Charity Ball

WONS has been awarded a free hire of the Event Centre at the Auckland Museum. We will be holding a ball on 1<sup>st</sup> May 2010.

Watch this space!

If you wish to support

The Ball in any way

please feel free to

contact: [rdavy@wons.org.nz](mailto:rdavy@wons.org.nz)



## How you can help us work with women in need:

- Donation
- Grant
- [www.fundraiseonline.co.nz](http://www.fundraiseonline.co.nz) be a fundraiser at an event for WONS and ask your friends and family to sponsor you!  
(Walk, run or sky dive for WONS)
- Women's Health Conference sponsorships
- Online auctions  
product/service/donation/  
Sponsorship
- Pamper hui  
product/service/donation/  
Sponsorship
- Professional expertise and mentoring
- Product or service
- Buy a tee shirt
- Volunteers
- Organise an evening or dinner party for WONS
- Gold coin "mufti day" at work

## Mobile Smear Clinics

***We can come to you. Your work place, home, community centre or any venue suitable! We also have clinics in all Auckland areas. Free cervical smears (criteria applies)***

**Unit 14, 49 Sainsbury Rd  
St Lukes**

**PO Box 41021**

**St Lukes, Auckland 1346**

**Ph: 846 7886, Fax: 846 7887**

**Email: [admin@wons.org.nz](mailto:admin@wons.org.nz),**

**[www.wons.org.nz](http://www.wons.org.nz)**