

Women's Health

7 - 9:30 p.m.

A WORKSHOP SERIES

\$5 or sliding scale

MARCH 20
PREMENSTRUAL SYNDROME

Many women experience physiological and psychological changes premenstrually such as irritability, tension, headaches, depression, breast swelling, weight gain and cravings for sweets and alcohol. We will present information on the causes of premenstrual syndrome. As well, we will look at diet changes, vitamin supplements, exercise and stress reduction to cope with these symptoms.

APRIL 4
BREAST HEALTH

We will discuss the causes, prevention and treatment of fibrocystic breasts, breast lumps and breast cancer. We will focus on the use of diet, vitamins and stress reduction to prevent breast disease. We will also teach breast self-exam.

APRIL 18
AIDS

Members of AIDS Vancouver will present current information about AIDS. We will also look at which women are at risk for AIDS and how the AIDS crisis affects women.

APRIL 24
MENOPAUSE

Menopause is a natural transition phase in a woman's life. It is not a disease, although many women do experience some symptoms with it such as hot flashes, night sweats, insomnia, depression and vaginal dryness. We'll be looking at how to relieve these symptoms through nutrition, exercise and relaxation. We'll also be looking at the pros and cons of hormone replacement therapy.

MAY 9
SEXUALLY TRANSMITTED DISEASES

We will present information on common sexually transmitted diseases including herpes, gonorrhea and chlamydia and their complications like pelvic inflammatory disease, vaginal infection. We will discuss transmission and how to avoid them as well as treatment alternatives.

MAY 30
GETTING GOOD MEDICAL CARE

A workshop about how to choose a health practitioner. How to ask the right questions. What are your rights as a patient. And we will discuss how to get good information about treatment alternatives.

JUNE 13
ENDOMETRIOSIS

A support workshop for women with endometriosis. We will discuss symptoms and treatment possibilities from both medical and alternative perspectives. There will be an emphasis on women sharing problems and treatment suggestions.

JUNE 26
HYSTERECTOMY

A discussion of the overuse of hysterectomy: when is it appropriate; what are alternative treatments or solutions? We will cover topics such as what women can expect with the operation, possible complications or long term effects.

888 Burrard Street
682-1633



SELF HELP
Workshops

Evening on site childcare will be available for those women
Health and Welfare Canada.