



Women's Health Tasmania

MAGAZINE
WINTER 2023

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Government

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Make some noise!

In this edition we take a good hard listen to the ways that using your voice and speaking up can bring about positive, life affirming change!

Feminists have always been good at making noise and the noise we've made has had huge benefits for our communities and the people in them.

But can using your voice be good for your health? Well, yes actually! Take the vagus nerve – a powerful and important part of your body that literally keeps you alive and looooves it when you sing and hum!

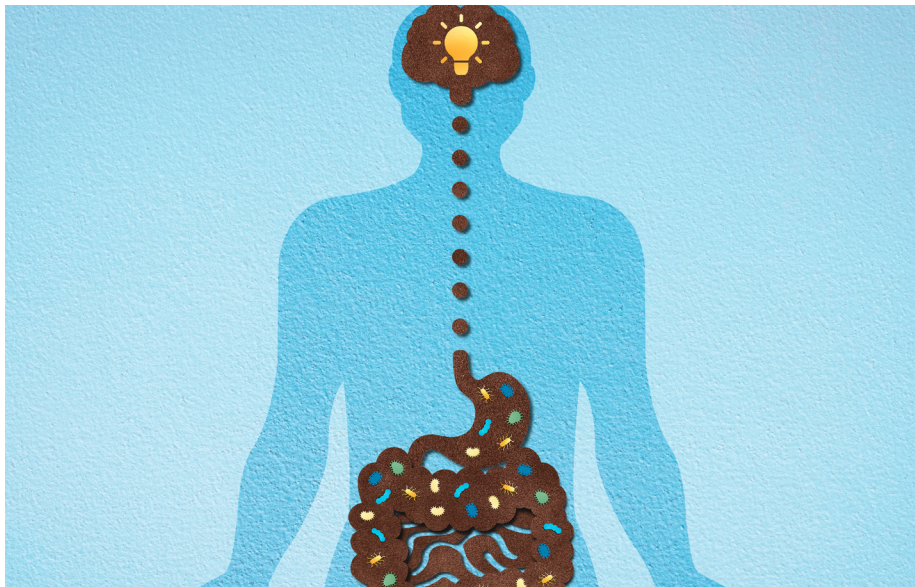
Or what about telling the stories of birth trauma, can peer support and sharing stories have a positive impact on recovery?

We've also got stories about how shouting – even about the most taboo of topics, such as abortion – can be GREAT medicine.

And this edition is crammed with things you'll want to know about what's happening at Women's Health Tasmania, in nipaluna/Hobart and beyond!



Hello, is it meeeee you're looking for?



Introducing your Vagus Nerve and how singing can make you feel better. Come for a wander with us as we explore the silent systems that make you breathe, digest and react to learn how you can improve your health by harnessing the therapeutic power of singing for your Vagus Nerve!

What is the Vagus Nerve?

The Vagus Nerve connects the brain to the gut (intestines and stomach), heart, liver, pancreas, gallbladder, kidney, ureter, spleen, lungs, neck (pharynx, larynx and oesophagus), ears and the tongue. New research suggests that the Vagus Nerve also connects to the vagina and uterus and may play a role in sexual pleasure and arousal! So yes, it's important!

The Vagus Nerve gets its name from the Latin word 'vagus' (meaning 'wanderer') because the nerve wanders from the brain into so many different parts of the body, creating links from the neck, heart, lungs, and the abdomen and then connecting all of this to the brain.

The Vagus Nerve is how the brain controls the parasympathetic nervous system, also known as the rest and digest system.

In your body there are two kinds of nervous systems; both are automatic (they do their thing without you thinking about it at all). Let's introduce them.

Parasympathetic nervous system or 'rest and digest'.

This system does a lot of things that keep your body running. For example, it:

- regulates your resting heartbeat
- regulates normal breathing
- tells your stomach and intestines to digest food

Having your body in rest and digest mode most of the time is good for us. It's in this mode that the body can heal, rejuvenate and replenish. In this state rest is more restful, food is more nourishing, and we can connect more easily with joy. All of which sounds pretty darn healthy!

The Sympathetic nervous system or 'fight or flight'.

Basically, this system is aimed at keeping us safe from danger. When we sense a threat, it gets us ready to take action; to get away, to fight, or even to freeze until the danger passes. This system:

- makes our heart beat faster
- makes us breathe faster, sometimes more shallow breathing too
- and it also tells our stomach and guts to stop digesting and get ready to run! This could mean we have the urge to go to the toilet!

Our fight/flight response, which helps us run away from lions, also activates to modern dangers both big and small (from being unable to pay the rent, to not being invited to a party – your brain says, nope, that's a lion: Engage the sympathetic nervous system!)

The parasympathetic and the sympathetic nervous systems work together.

Most of the time, it's the parasympathetic system that gets the limelight. It's the normal situation where the body breathes evenly and without effort, the heart beats evenly and the digestion system does its thing. When stressful stuff happens, our sympathetic system takes the wheel to help us get through it and, if all goes to plan, the stressful thing is over pretty quickly, and our parasympathetic system can get back in the drivers' seat.

This is how it should work, right? You may have noticed, however, that modern stress is less like the occasional lion popping up and more like a constant low-level hum of stressful, busy and overwhelming things.

So, what does all this mean for our wandering friend, the Vagus Nerve?

There are definitely times when your beautiful, life nourishing parasympathetic nervous system is not going to get a chance to do its thing to its full, glorious extent unless we actively make room for it.

Stimulating the Vagus Nerve is one way that we can bring our parasympathetic nervous system back online to do its wonderful work.

You're Simply the Best (3 exercises that stimulate the Vagus Nerve)

1. Bee-humming

This is based on a breathwork practice from yoga called Bhramari Pranayama. Start by sitting comfortably. Find a comfortable position sitting or lying down on your back. Consciously release tension in your body and bring your attention to your breath. Slow your breath down by taking some slow, long inhales and full exhales.

Now you're ready to do the bee-hum. On your next breath, draw air in through your nose. As you exhale, keep your mouth closed and release a humming sound. Inhale deeply. Exhale, hum. Continue for a few rounds of breath. Give yourself the gift of really feeling the vibrations. What parts of your face and body feel them the most?

Period Power:

Everybody's talking 'bout the brand-new workshop

2. Singing (in the shower, in the car, literally anywhere and don't mind the sideways glances!)

Who's your go to? Tina? Cher? Adele? You've got so many cool women to sing along to!

Singing – especially the loud kind – involves deep breathing and a big old vibration of the vocal cords. Even better, it's a sure-fire way to activate the Vagus Nerve.

A word of advice here: A lot of us believe that we don't have a 'good' voice or that our voice is bad in some way. Tell that inner critic to go packing. This vocalising is for you and your mate, the Vagus Nerve.

3. Join a choir!

I know, I know. This isn't an exercise as such, and it does involve a bit more preparation than just singing in the shower. But it can be a great way to build singing into your week.

If the thought of singing in front of people scares you, just know that you can often find groups that are inclusive; less about 'sounding good' and more about helping you gain confidence in your own, unique voice. The Queer Voice Lab in nipaluna is a great example. Not to mention there's often a lot of talking and laughing during rehearsals and both those things also stimulate the Vagus Nerve!

References

Ghati, Nirmal, et al. "A randomized trial of the immediate effect of bee-humming breathing exercise on blood pressure and heart rate variability in patients with essential hypertension." *EXPLORE* 17.4 (2021): 312-319. <https://doi.org/10.1016/j.explore.2020.03.009>

Breath practice scientifically proven to calm your mind. 2022. <https://www.leahsugerman.com/blog/bhramari-pranayama-humming-bee-breath>

5 Ways to stimulate your Vagus Nerve. 2020. Cleveland Clinic. <https://health.clevelandclinic.org/vagus-nerve-stimulation/>

The vagus nerve (pronounced Vegas, baby!) sounds like a party in your body, in fact, it's quite the opposite. 2022. <https://www.health.qld.gov.au/news-events/news/the-vagus-nerve>

The Good Period Workshop is out and about!

Women's Health Tasmania has now run a few of these workshops across lutruwita. The response from women who do them can be summarised thus: Why do we never talk about this! It's so good to talk about this!

You might think, 'why do we need to talk about periods?'. Well, the participants we've been working with sometimes ask the same question, but by the end of the workshop it's a different story.

Once you start talking about periods it turns out there is so much to say.

Some of the topics we tackle in this workshop include: why are periods seen as gross? What makes them easier? What is a period and what is a menstrual cycle?

We also talk about some of the incredibly diverse ways that women in different cultures and countries care for themselves when they have their periods.

Talking about your period can be a gateway to more support. It's often the conversation that helps you realise that your period is sending you a message about your health and that it's time to seek support from your GP.

All of this, as well as meeting and connecting with women across lutruwita is why we at Women's Health Tasmania are thrilled to be getting out there with this workshop.

If you want a workshop for your workplace, your campus, your sports club (or any space that you're involved with really) let us know. They are free and we'd love to connect with you!



A few of the amazing participants from our recent workshop with workers at Blueline Laundry in Launceston.

Counting the wins: How activism is changing the story of endometriosis

Australia is finally set to change the story of endo: And it's people who live with endo who have led the charge!

An estimated 1 in 10 women and folk who have a uterus also have endo. It's a condition where tissue similar to the uterus lining grows outside the uterus. It causes pain, fatigue and in some cases also affects fertility.

The folks who live with endo often tell you a story with a theme: crippling pain during periods that made it hard to go to work, school or just do their lives combined with a long, long road to getting diagnosed.

So many people with endo share stories of being dismissed by health professionals, of feeling alone and like they're the only one, and of that patriarchal classic; having their pain written off as normal.

For a long time, there's been a real lack of awareness about endometriosis on the part of doctors, workplaces, the general public and people who live with the condition.

But all that is changing. And it's people with endo that are really calling the shots. *Activism gets results.*

Activism has helped to raise awareness of endometriosis in Australia, leading to big moves on the part of government, increased funding for research and better access to treatments.

In 2018, after extensive organising and lobbying by lived experience advocates and their allies, we finally made progress. This is a huge deal. Advocates have been trying to get action on endometriosis at a federal level since at least the 1980s and this plan is aimed at improving awareness in the general community and getting the clinical support that's needed. As a result, the Federal Government recently announced funding for more than 20 Endometriosis and Pelvic Pain Clinics around Australia.

And Tassie has one too! Our very own Family Planning Tasmania has received funding so stay tuned for more details on that.

Beyond this, activist groups like mother-daughter team EndoActive continue campaigning to have endometriosis

recognised as a disability. If they're successful it may mean that endo sufferers could access disability benefits and other forms of support. Given the crippling effects of endo, activists think they have a strong case.

Endo in the workplace is also being addressed. The Endo@Work initiative is a partnership between Endometriosis Australia and academics at the Health Research Institute. They're exploring what it is that people living with endo need in their workplaces and making recommendations for employers based on what people living with endo know works.

Stories change the world as well as the storyteller

The incredible organising and determination of endometriosis advocates and campaigners shows that, collectively, our stories can make big change in the world! But are there other benefits to telling your story?

Endometriosis campaigner and lived experience advocate, Sylvia Freedman

told The Guardian newspaper recently that telling her story of endo actually helped her feel more empowered, stronger and like she was taking back control. "I was really sick but the effect it was having and the power I started to feel through sharing my story, I felt like I was sort of reclaiming endo as my own and it wasn't owning me anymore," she said. "That was really pivotal to me feeling physically better."

Telling your story, connecting with others, and demanding change collectively: It gets results and can support changing your personal story to one of strength and resilience.

More information

<https://raf.bioscientifica.com/view/journals/raf/3/3/RAF-22-0003.xml>

<https://www.theguardian.com/lifeandstyle/2023/mar/15/pain-scale-women-endometriosis-period>

https://nicm.edu.au/research/research_projects/endoatwork



Photo by Gayatri Malhotra on Unsplash

A bomber jacket with a brain and ... a uterus

by Emma Cardall

While participating in WHT's *Knit Your Bits* art project, Emma Cardall was inspired to create a unique wearable piece of art as "a reminder to all that we are so much more than 'reproductive systems'"

Back in 2021 I answered a call out from WHT needing people to give ideas for what could be covered in adult's menstrual health workshops. It was a no brainer for me to head over and give my input as someone who has lived with a condition that 1 in 20 menstruators have but only 10% are actually aware of: PMDD – Pre Menstrual Dysphoric Disorder.

There was a brilliant mixed bag of people present: those in their 20s along with those who knew perimenopause ('what's that?' came from one of the younger ones) and menopause. There was a school nurse who told us all how much better her school was at discussing Menstrual health than it was for any of us growing up. And there was a naturopath who I'd actually not seen since I was a patient of hers in the darkest depths of worsening PMDD (now being successfully treated). I was happy she could see that I was doing well!!

The session kicked off with Lucy Peaches' music video for *Your Blood is Amazing*. If you haven't seen that yet – go to YouTube! The session filled way more A3 sheets of paper than the organisers expected, and although we felt like we were merely skimming the surface – just being in a safe space to discuss these topics that don't get the air time they deserve was uplifting and transformative – knowing that a future conversation in one of these workshops could be an 'aha' moment for someone to then seek the targeted support they need.

While I was making a medieval scroll-esque hanging that features a brain and a uterus connected by gold for the Knit Your Bits exhibition that kicked off in Ross on International Women's Day in 2022, I also worked on making a separate piece – a bomber jacket with a brain and a uterus that could be worn by the people delivering Menstrual Health workshops.

I hope that the simplicity of the imagery is a reminder to all that we are so much more than 'reproductive systems'. Yes, we can make babies, but we are also people who have ambition alongside or wholly separate from parenthood,

... a future conversation in one of these workshops could be an 'aha' moment for someone to then seek the targeted support they need.

people who deserve targeted health care for cyclic bodies, people that live with invisible illnesses and disabilities, and some of us are nonbinary and some are men.

We need to talk and to know our bodies better. We need each other.

I'm very thankful for what WHT do in igniting these vital conversations.

Thank you!!



Emma with her brain and uterus scroll.



A WHT model shows off the power and glory of a pink glossy bomber jacket featuring a needlepoint uterus and brain.

Badass or bleeding?

What menstrual phase are you in?



Stick this on your fridge as a reminder to check in with yourself!

Where are you in your menstrual cycle today, and what do you need?

We are not the same all the time, what we need changes throughout our cycle.

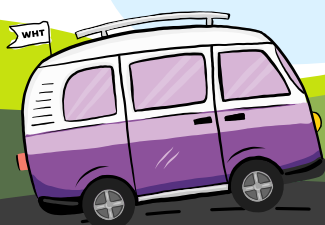
WHT has developed a new resource to support your understanding of what you need and how it changes.

BLEEDING – menstrual blood is flowing. Do you need to give yourself permission to not go at 100%? Do you need chocolate? Do you need time to dream and stare out the window while hugging a heat pack? Do you need to binge-watch some quality (or not quality) tv?

DO – the bleed is over, the energy rises! Do you need a long walk or a kick-boxing class? To do something new and fun with friends? Clean out your wardrobe? Do you need more complex carbohydrates like fruit and whole grains to support that boost of energy (pass me that banana & peanut butter on toast...)

RELEASE THE EGG – you are ovulating! Do you need to get creative in the garden, in the kitchen, at the easel or on your guitar? Do you need to pay some special attention to loving your body? Do you need a group hug with your favourite people?

BAD-ASS – some people call this PMS, but we call it the bad-ass phase. Do you need to channel your anger into activism? Eat some iron-rich foods like pasta, dark leafy greens, or a comforting bowl of porridge? Set boundaries and use your clear-eyed perspective to do something that makes you feel like you? Take what you need.



Out of the centre and into the regions!

When we talked to women who lived in remote and rural parts of Tasmania, they told us that they wanted more health activities they could do in their local area without having to drive many kilometres.

And so the Women's Health Festival was born! It's a festival that's unconstrained by time and place – a travelling roadshow coming to communities over the course of the year!

This year, we're heading to the North West, the West Coast and into the East. Our first stop is Scottsdale!

We're offering workshops for local women on self-care, yoga, how to have good periods and menopause! And we're excited to work collaboratively with local organisations to offer activities to women in these areas that are women focussed, fun and empowering! Ka-pow!

We'll also be working with local services to share our knowledge about pregnancy options, abortion access and reproductive coercion.

While it's perhaps a bit small to call it a festival, we can't stop thinking about it like that. Because 'Festival' connotes a sense of celebration, activity and fun; a great coming together of women to share time, stories and cuppas!

We think the best health promotion should leave you feeling empowered, connected and maybe even a little bit celebrated.

If you want us to come to your area, let us know by dropping us a line at info@womenshealthtas.org.au



Shout Your Abortion! Because stories are medicine

By Lily Sassafras

You only need to listen to the silence about abortion to know that, even though it's a legal health procedure and accessible in Tasmania, it's still a major taboo to talk about it openly.

Taboos exist for many reasons, but they can be harmful when they leave you silenced. There is still a stigma surrounding abortion for both those undergoing abortions and those doing them. In Women's Health Tasmania's research involving people who've had this health care procedure in Tasmania, they told us that the silence and stigma make it harder to reach out to friends and family for support.

This is noted as one of the reasons Australian General Practitioners (GPs) are less inclined to offer medical abortions, resulting in only 10% of Australian GPs currently providing them. For people living in more rural and remote areas of the country, the silence and stigma can make getting an abortion especially challenging and costly.

Shout Your Abortion (SYA) is a USA website aimed at normalising abortions and elevating safe paths to abortion access. Not only does this site provide helpful resources, but crucially it provides a space where people can anonymously share their abortion stories. Sharing stories in this way aids in reducing the feelings of isolation for those going through or who have gone through the experience. It also helps increase empathy and create a greater feeling of humanity. While SYA originated in a country where abortion is no longer a constitutional right and is becoming increasingly challenging to access, the concept of sharing our abortion stories is not only relevant but important for the abortion conversation globally.

The World Health Organisation (WHO) reports that almost 50% of annual pregnancies are unintended and 29% of all pregnancies end in induced abortions. In Australia, one in four people who menstruate have an abortion in their lifetime. It is an incredibly common experience and yet it's also incredibly common to feel isolated and alone while going through it.

Abortion is healthcare and healthcare is a human right

Trends in the American media have a considerable impact on Australia and with specific media channels campaigning for a similar goal here, we must fight to protect our right to access abortion.

Storytelling for change: Stories as medicine

Abortion storytelling aids in destigmatising abortions and is a powerful advocacy tool. This 'story medicine' is important for those going through the process, allowing them to hear stories of other people's experiences. It can also be a valuable and empowering opportunity for people to share their abortion stories, either anonymously or with authorship. A growing podcast titled *The Australian Abortion Stories Podcast* commenced in 2021 and provides a space where a diverse range of people from across our country share their abortion stories. Additionally, there are a range of places where abortion information is easily accessible across Australia, including on the Women's Health Tasmania website.

The introduction of an accessible, text-based, online site, like SYA would be highly beneficial to Australians.

But for now, we can continue to share our stories with friends, family, on social media and beyond, fostering an environment of inclusive discussion surrounding abortion and in doing so, destigmatising the choices menstruators make.

You can read more than 100 abortion stories on the Shout Your Abortion website:

<https://shoutyourabortion.com/abortion-stories>

Search for the *Australian Abortion Stories Podcast* on any of your podcast platforms.



SHOUT YOUR ABORTION

Donate

ABORTION STORIES

Our stories are ours to tell.

Add Your Voice

<p>"There has never been a day in my life I have regretted my choice to abort that pregnancy."</p> <p>Read Story</p>	<p>"We talked about celebrating our abortion as a way to close a chapter in our life and appreciate the choice and privilege we have..."</p> <p>Read Story</p>		<p>6 WEEKS, LITTLE DOT</p> <p>Read Story</p> <hr/> <p>HAPPY ANNIVERSARY</p> <p>Read Story</p>
<p>YOU CAN DO EVERYTHING RIGHT, AND IT CAN STILL GO WRONG.</p> <p>Read Story</p>	<p>BACK TO MYSELF</p> <p>Read Story</p>	<p>42ND BIRTHDAY</p> <p>Read Story</p>	<p>"If I get pregnant again before</p>

Listening to women talk about birth trauma

Having a baby is a huge life transition and childbirth is a major physical and emotional event. When we talk with women about their birth experiences, they describe them with a mixture of words; painful, powerful, long, amazing, awful and sometimes traumatic.

For many women, there is little opportunity to talk about these experiences of childbirth in the days, weeks and months that follow the birth as they take on the enormous task of caring for a newborn while also recovering physically.

Indeed, many women who use Women's Health Tasmania's counseling service during the postnatal period say they feel silenced if they want to talk with care providers, family or friends about a traumatic birth experience. They are often told 'at least the baby arrived safely' and they are expected to be 'grateful' that they and the baby are alive.

Trauma symptoms are common and serious

It has been estimated that 33% of women experience trauma symptoms following childbirth and about 3% meet the criteria for Post Traumatic Stress Disorder (PTSD).¹ These trauma symptoms and the silencing of women's experiences have ongoing impacts on the emotional and physical wellbeing of women and their families. It can affect bonding, strain relationships and contribute to feelings of isolation, guilt, or shame.

Listening to women

Listening to women is key to helping women recover from traumatic birth experiences and preventing trauma in birth. Research has found that the way care providers interact with women during labour is often identified as traumatic with women feeling violated, not listened to and that the care provider prioritised their own agenda.²

What needs to be done?

Education

Improve awareness and understanding of birth trauma among healthcare professionals promotes compassionate care. Routine training for obstetricians and midwives in trauma-informed care, empathetic communication and shared decision-making are crucial.

Birth support

Access services including continuity of midwifery care and birth doulas can help empower women and reduce the risk of birth trauma.

Recognise and support diverse experiences

Acknowledge that birth trauma can affect people of all genders and backgrounds. Support services should be inclusive, culturally sensitive, and address systemic barriers to care.

Peer support and mental health services

Create spaces for individuals to share experiences, validate and connect with others who have experienced birth trauma to foster healing and resilience. Birthtalk and the Australasian Birth Trauma Association provide useful support and information services focussed on birth trauma. There is also a group of Tasmanian women working on developing birth trauma peer support locally.

Advocacy and system change

Advocacy for policy and system changes that promote person-centred maternity care are enormously important. Recently, women in Tasmania's North West have been campaigning for improvement of maternity services and shifting of these to the public hospital system. This follows information about how many women in the region have experienced traumatic birth experiences associated with staff shortages and lack of continuity of care.³

Support services

- PANDA National Helpline 1300 726 306 (Monday – Saturday 9am – 7:30pm)
- Gidget Foundation Start Talking Telehealth service
- See a General Practitioner to discuss a Medicare Mental Health Care Plan
- Call us at Women's Health Tasmania 1800 675 028 (Monday – Thursday 9:15am – 4pm)

Footnotes

- 1 Alcorn, K., O'Donovan, A., Patrick, J., Creedy, D., & Devilly, G. (2010). A prospective longitudinal study of the prevalence of post-traumatic stress disorder resulting from childbirth events. *Psychological Medicine*, 40(11), 1849-1859. doi:10.1017/S0033291709992224
- 2 Reed, R., Sharman, R. & Inglis, C. Women's descriptions of childbirth trauma relating to care provider actions and interactions. *BMC Pregnancy Childbirth* 17, 21 (2017). <https://doi.org/10.1186/s12884-016-1197-0>
- 3 <https://www.abc.net.au/news/2023-02-10/ama-warning-over-burnie-birthing-services/101951836>

Research has found that the way care providers interact with women during labour is often identified as traumatic with women feeling violated, not listened to and that the care provider prioritised their own agenda.



BOOK REVIEW

This Won't Hurt: how medicine fails women by Dr Marieke Bigg

Review by Heidi Morton

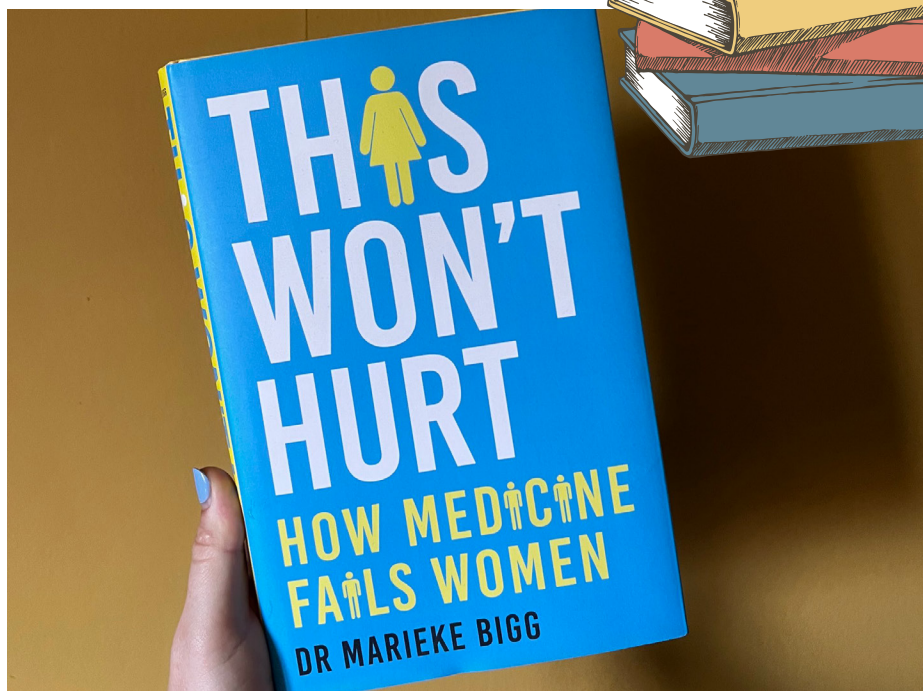
I started reading this book at the kitchen bench while a young person in my household cooked dinner. Cue numerous indignant exclamations from me, reading out loud facts that were making me kind of angry:

- Studies show women who have had a heart attack are 59% more likely than men to receive the wrong diagnosis from the start, even though it is a leading cause of death not just for men but across genders!
- Lack of funding invested into women's health is a problem but even more pressing is that women's health is not considered 'sexy' or exciting enough to help a researcher advance their career! This is why conditions like endometriosis remain largely a mystery to the medical profession (even though endometriosis affects at least one in nine girls and women and those assigned female at birth in Australia).

At this point, I realised that if I wanted to eat before 9pm, I'd better take a slow breath and stop interrupting the chef.

In a patriarchal society, Bigg explains, what is seen as normal cannot be assumed to be the same as what is healthy, because this system caters to the health and wellbeing of certain individuals over others: medicine is not gender neutral. The author uses the female body as a paradigm allowing her to ask different questions that help move non-male bodies to the centre of discussion. From research to diagnosis to treatment and after-care, Bigg says, medicine often fails to acknowledge its biases and unquestioned assumptions about how bodies, gender and social norms intersect.

When symptoms are deemed 'atypical' (that is, not white, heterosexual, male and middle-class) this increases the risk of wrong or under-diagnosis, delayed or absent treatment, inadequate pain relief and death for women and those in othered bodies. When men experience heart attack, for instance, they commonly present with the chest and arm pain that are viewed as standard symptoms, whereas women are more likely to have jaw pain, nausea, and fatigue.



Doctors who fail to recognise non-male heart attack symptoms and dismiss the relevance of what women report increase risk and diminish care.

Older women are typically more susceptible to osteoporosis, but not simply due to biological sex differences; there is a social context to this. Men are under-screened for it, because it is associated with 'the weaker sex'. Teenage girls who exercise are 'doing gender' differently compared with girls who are not physically active (physical activity is seen as more of a 'male' trait), and these two groups will develop different bones and bodies as a result. Women who undertake daily physical agricultural work have increased bone mineral content and density compared to those who do office work.

While there is plenty in this book to get the steam coming out of your ears, it's also a pretty exciting and encouraging read. As Bigg points out, there is more and more research being undertaken that is 'breaking open the categories of man and woman and letting in some light'.

This book touches on a lot of topics: pelvic floors, childbirth, the need for holistic preventative care across the lifespan, cancer, female sexuality, pain signalling pathways and how

these change across genders and the lifespan and the way the wellness industry pushes the view that sexiness is valued over health.

The final chapter, Future Bodies, explores some of the new interventions that engage in interdisciplinary collaborations. The diagnostic tampon, the artificial womb, the realisation that 'suddenly, a womb can teach us about immunology'.

Bigg gives a shout out to the work done by midwives; pelvic health physiotherapists; a cardiologist who describes herself as a 'cardio-feminist' or 'gynaecardiologist'; bio artists cultivating the playful storytelling that scientists today need in order to explore complexities and contradictions of biology. There are champions in medicine and other fields who undertake research into lived experience, and who encourage women to seek help and put language around symptoms without fear of dismissal or shame. The more we talk, collaborate and question, the greater our collective knowledge and understanding about our bodies and health will be.

As Bigg states: 'Good feminism is good science – and good science is good for all of us.'

What's on at Women's Health Tasmania?

Monday	Tuesday	Wednesday	Thursday
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Online classes (Live-streamed on Facebook: <https://www.facebook.com/groups/3045877678969259>):

6:30am–7:00am Gentle Sunrise Flow Yoga with Jen	6:30am–7:00am Gentle Sunrise Flow Yoga with Jen	6:30am–7:00am Gentle Sunrise Flow Yoga with Jen	6:30am–7:00am Gentle Sunrise Flow Yoga with Jen
9:00am–10:00am Tai Chi with Wendy	10:00am–11:00am Weights with Wendy		10:00am Meditation with Valerie

Classes at the centre:

11:00am–12:00pm Tai Chi with Wendy (Max 12 participants) To book a place call: 6231 3212	10:30am–11:30am Meditation with Jean (Max 29 participants) To book a place call: 6231 3212	9:30am–10:45am Yoga with Jen (Max 6 participants) To book a place call: 6231 3212	10:00am–11:00am Meditation with Valerie (Max 19 participants) To book a place call: 6231 3212
		10:30am–12:30pm Walking Group with Beej To book a lift to the start of the walk call: 6231 3212 Calendar of walks available at womenshealthtas.org.au	




Pregnancy Choices Tasmania

For information about pregnancy options, services and abortion care

- Free ● Confidential
- Non-judgemental ● Pro-choice

Call **1800 675 028**

( TIS 131 450)

Mon–Thurs, 9–4pm (closed public holidays)

pregnancychoicesttas.org.au

Pregnancy Choices Tasmania is a service of Women's Health Tasmania, supported by the Tasmanian Government.



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Tasmanian Government

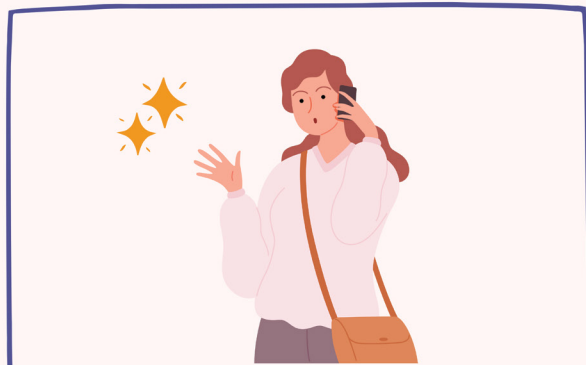


She's Out There

www.womenshealthtas.org.au/podcasts/shes-out-there

WHT's podcast series on sexual and reproductive health

Wherever you live in Tassie, these services are for you



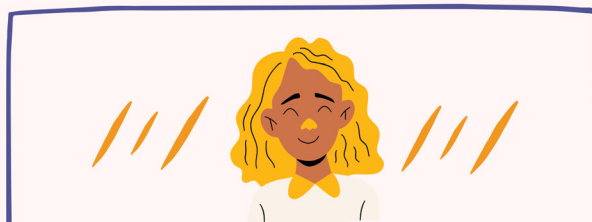
The Women's Health
Information Line
1800 353 212



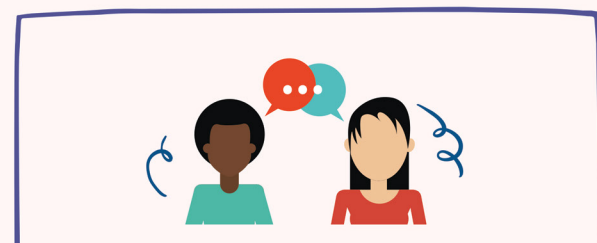
Free counselling by phone or
telehealth
(Health and wellbeing,
Pregnancy Choice, Birth and
Parenting)



Online podcasts, Yoga, Tai
Chi, Weights and Meditation



Free online forums for people
with lived experience of mental
illness, and carers



Webinars, projects and
workshops in your area



The Women's Health Fund

Visit www.womenshealthtas.org.au to sign up for our
e-news and find out what is happening near you.