

# WOMEN'S HEALTH<sup>©</sup>

## CONTENT OF SESSIONS

### Knowing Your Body

- Period pain
- Menopause and coping with symptoms of the Menopause
- Premenstrual Syndrome and symptoms
- Self-help treatments for PMS
- Signs & Effects of the Menopause

### Mental Health and Emotional Well-being

- What is mental health?
- Increasing confidence
- Recognising stress and how it affects us
- Feeling positive
- Healthy attitudes
- Coping with symptoms of stress

### Women and Food

- Family eating habits
- How food affects our health
- Food and body image
- Food awareness
- Diets, popular diets and fad diets

### Sexual Health Awareness

- Sexually Transmitted Diseases
- Protecting yourself against Sexually Transmitted Diseases
- Date rape
- Ways to protect yourself
- Contraception

### Confidence Building/Personal Development

- Assertiveness
- How to deal with criticism
- Self-esteem

### Making Healthy Choices

- Choices for health
- Reducing risk factors to your health
- Protecting yourself from the sun
- The importance of exercise
- The balance of good health
- Smoking awareness
- Alcohol awareness