

Women can be good talkers, but sometimes it can be tricky to talk about our health.

So, we'd like to help you get the conversation started!

We've made a list of some suggested topics to help break the ice and get your guests talking at your Women's Health Week event. On the next page, you will find some blank 'Let's talk' cards that you can edit for your own use.

Simply copy and paste some ideas from our list on to the cards, or create your own topics that might better suit your event. Print and place them on the tables for your guests to discover. If you like, you could also leave the cards blank and invite your guests to fill them in.

## Topics

- Healthy relationships - how to recognise the signs
- One positive thing I do for my health is...
- I nurture my mental health by...
- What I only learnt recently about periods
- What is perimenopause?
- I find it hard to talk to my doctor about...
- I feel most anxious when...
- This week I pledge to...
- My experience with UTIs
- If only I knew this 10 years ago...
- Menopause and my mood
- How good is my gut health?
- It might surprise you, but I'm very good at...
- It's hard to say 'no' to...
- Working my pelvic floor
- My biggest cause of stress is...
- Is leakage a laughing matter for you?
- Let's talk about sex!
- How I manage COVID-19
- I'm tired but I can't sleep
- Are my periods normal?
- My superpower is...
- How healthy is my heart?
- Best health advice
- Stress busters
- What mum never told me
- My guilty pleasure is...
- Being active means...
- Ever had an STI check?
- I move my body 30mins a day by...

## Examples



Let's talk...

womenshealthweek.com.au



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