



Supporter Kit

Sept
6 – 10
2021

#WomensHealthWeek
womenshealthweek.com.au





Jean Hailes' Women's Health Week 2021

Who are we?

Jean Hailes for Women's Health is a leader in women's health. We are a national not-for-profit organisation dedicated to improving the knowledge of women's health throughout the various stages of their lives.

We do this by providing clinical care and evidence-based health information to women and girls and the health professionals who care for them.

About Women's Health Week

Women's Health Week is our annual health awareness campaign, and the biggest week in Australia focusing on good health and wellbeing for women and girls. During the week, Jean Hailes encourages women, communities and workplaces to get involved by talking about women's health, holding events, sharing health messages and signing up to receive our free daily health information.

Our goal continues to be to raise awareness of the importance of maintaining good health and wellbeing and preventing future health problems for all women and girls in Australia.

Women's Health Week 2021

Last year taught us, among other things, the importance of good health. In 2021, we want to make sure self-care stays a priority. With our tagline *Women's health. Powerful stuff.*™, we want the week to be a timely reminder to women and girls to set aside time for their health and wellbeing.

What can you do to support Women's Health Week?

Your support in sharing information and messages is a great way to help us to raise awareness of the importance for women and girls to look after themselves. This kit is designed to provide you with everything you need to promote your involvement in the week as a proud supporter of the campaign.

The Women's Health Week logo and umbrella statement, *Women's health. Powerful stuff.*™, are trademarked, so we have prepared promotional material including social media tiles, posters and messaging that can be used by you without breaching any trademark laws.




Share our good health messages

We've developed a range of posts and tiles for you to share on your own social media or in your newsletters.

Social media

 Facebook: [@JeanHailesforWomensHealth](https://www.facebook.com/JeanHailesforWomensHealth)

 Twitter: [@JeanHailes](https://twitter.com/JeanHailes)

 Instagram: [@JeanHailes](https://www.instagram.com/JeanHailes)

 LinkedIn: [Jean Hailes for Women's Health](https://www.linkedin.com/company/Jean-Hailes-for-Women's-Health)

Hashtag

#PowerYourHealth #WomensHealthWeek

Tweets*

Join over 100,000 women in this year's [@JeanHailes](https://www.instagram.com/JeanHailes) #WomensHealthWeek to #PowerYourHealth.
To register your event visit [womenshealthweek.com.au](https://www.womenshealthweek.com.au)

After 2020, it's never been more important for women in Australia to put their health first. Join over 100,000 women across Australia in this year's [@JeanHailes](https://www.instagram.com/JeanHailes) #WomensHealthWeek to #PowerYourHealth.
6-10 September 2021, [womenshealthweek.com.au](https://www.womenshealthweek.com.au)

Join [your name] for Australia's biggest celebration of women's health – the [@JeanHailes](https://www.instagram.com/JeanHailes) #WomensHealthWeek 6-10 September 2021 #PowerYourHealth

We're proud to take part in the [@JeanHailes](https://www.instagram.com/JeanHailes) #WomensHealthWeek 6-10 September 2021 #PowerYourHealth

***See 'Downloadable images' (next) for social media**



Downloadable images: social media

↓ [Download this image](#)



Staying connected isn't just good for you, it's good for your health. Join [@JeanHailes](#) and women right around Australia 6-10 September 2021 and #PowerYourHealth this #WomensHealthWeek

↓ [Download this image](#)



Good health is powerful! This #WomensHealthWeek join us and thousands of women around Australia from 6-10 September 2021 to learn how to #PowerYourHealth and have some fun. [@JeanHailes](#)

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Isn't it time you put yourself first? Start here and now by signing up to womenshealthweek.com.au to receive free health information, tips and tools. #PowerYourHealth this #WomensHealthWeek [@JeanHailes](#) 6-10 September 2021



Downloadable images: social media blank templates

We have provided two downloadable blank social media tiles for you to create your own Women's Health Week messaging. Insert a text box with a transparent background and add your details to help promote your event, or write your own messages of good health. Make sure you use the hashtags #PowerYourHealth and #WomensHealthWeek in your messaging.

↓ [Download this image](#)



↓ [Download this image](#)



Example





Downloadable images: messages in other languages

You can encourage women and girls in your community to look after themselves this Women's Health Week with our multilingual messages you can share.

'Get your health checked. Talk to your doctor' comes in 13 languages: Arabic, Chinese (Simplified) and Vietnamese, pictured here, as well as Chinese (Traditional), Croatian, French, Korean, English, Filipino, Greek, Italian, Macedonian and Spanish.



Arabic



Chinese (Simplified)



Vietnamese

Email us at whw@jeanhailes.org.au, let us know which language tiles you want and we'll send them to you.



For your newsletters

Below is some suggested text that you are welcome to use in your communications to colleagues and friends when encouraging them to participate in the week.

Printed newsletters

We're celebrating Women's Health Week, 6–10 September, by holding an event [include details of venue, date and time]. Join us and learn more about the power of good health.

After 2020, it's never been more important for women in Australia to put their health first. Join us, along with around 100,000 other women across Australia in this year's Jean Hailes Women's Health Week (6–10 September) to power up your health.

e-newsletters and emails

We're supporting the @JeanHailes #WomensHealthWeek - you can too! Sign up for free daily emails from 6–10 September, brimming with recipes, articles, health tips, quizzes and more.

Registrations are now open for [@JeanHailes](#) #WomensHealthWeek 6–10 September 2021. Join our event, or make yours one of the more than 2000 events across the country. #PowerYourHealth

Join us for Australia's biggest week in women's health! Take a deep dive with us into #WomensHealthWeek, 6–10 September at womenshealthweek.com.au and #PowerYourHealth

Further free [event material](#) available here.




Fundraising support

Raising funds for Jean Hailes is an important step towards making women's health a priority for all women across Australia. This year during Women's Health Week we're raising funds for women living with polycystic ovary syndrome (PCOS). PCOS is a chronic hormonal condition that affects around 1 in every 10 women of reproductive age. All funds raised will go towards creating better awareness of this often undiagnosed condition and supporting women living with its symptoms.

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Suggested fundraising messages

Support me as I raise funds for women living with PCOS (polycystic ovary syndrome) this [@JeanHailes](https://www.facebook.com/JeanHailes) #WomensHealthWeek, 6–10 September (insert your personal fundraising page website link)

We're fundraising for Jean Hailes this Women's Health Week, 6–10 September. We'd love you to support us as we raise money to help women living with PCOS (polycystic ovary syndrome).

If you have any questions about fundraising please contact: fundraising@jeanhailes.org.au