



Media Release

For Immediate Release

29 August 2018

Women's Health Expo with a Vietnamese Flavour

On Wednesday 19 September from 10am to 3pm, Wellsprings for Women is hosting a Women's Health Expo at its premises in Dandenong, to inform women on various health issues including prevention and early detection of cancer, healthy eating, mental health, eating disorders, hypertension, diabetes, dementia, osteo-arthritis to name a few.

"The key message of the EXPO would be to encourage the women to seek early advice on health concerns, have regular check-ups and learn more about prevention and healthy lifestyle for themselves and their family". Said Dalal Smiley, Wellsprings for Women's CEO.

In addition to the information sessions, Wellsprings Women's Cooking Group will be serving a healthy and delicious Vietnamese lunch and presenting information on Vietnamese culture.

Migrant and Refugee women who make up the majority of women attending Wellsprings do not have easy access to health information like other women due to language, cultural barriers and lack of familiarity with how the health system works and what is available.

"We have multilingual, multicultural staff, students and volunteers who will assist with the communication on the day. Women can also expect to participate in fun activities such as Zumba, line dancing, meditation and exercises."

All women are welcome.

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Wellsprings for Women was established in 1994 as a women-only centre and provides a range of educational, recreational and social support services to the most vulnerable and disadvantaged women in Dandenong, Casey and Cardinia

Media contact: Dalal Smiley, 0397013740 or 0419 750 360

Photo opportunity available on the day of the EXPO

Event details: Wednesday 19 September, 10am-3pm – 79 Langhorne Street, Dandenong