

# HEALTHY MOTHERS HEALTHY FAMILIES



**Are you a mother of a child/ young person with disability?**

**Do you have time for your own health and wellbeing?**

Attend a [free full day workshop](#) and two subsequent follow-up evenings:

Healthy Mothers Healthy Families (**HMHF**).

HMHF is a program for women seeking to achieve better health, wellbeing and empowerment for themselves as they manage family duties. The program is presented by an occupational therapist—Dr Helen Bourke-Taylor, and a women's health general practitioner—Dr Fiona Jane. The program is based on research that identifies issues that challenge women with additional family responsibilities, and offers strategies to women to manage stress and stay strong. The workshop will be available for up to 50 mothers. HMHF includes access to a website and workbook and is an interactive and inspiring event!

Enrolment includes the full day workshop and follow up evenings so check the three dates before enrolling!

**Venue: Cerebral Palsy Education Centre,**

**Beacon Street GLEN WAVERLEY VIC 3150**

**Day workshop, Saturday, February 24<sup>th</sup> (9am-4pm)**

**Evening follow-up 1: March 15th (6:30-9:30pm)**

**Evening follow-up 2: April 19th (6:30-9:30pm)**

**Registration is essential**

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Healthy Mind,  
Healthy Mum

**Register Here**