



**FREE**  
**Pedometer**  
for attendees

## “SECRET WOMEN’S MATTERS”

Join COTA SA at 16 Hutt Street, Adelaide  
for a Women’s Health Event

**Thursday 8 September 2016**

**9.30am-12.30pm**

Free. Bring a friend and family. Light refreshments provided.

### Information stalls

- ARAS Aged Rights Advocacy Service
- Arthritis Foundation
- Continence foundation
- CSIRO
- Heart Foundation
- Diabetes Association
- Cota Insurance
- Cancer Council
- SA Cervix screening
- Women and children’s Health

**10:30 am** Welcome

**10:40 am** Good Bones  
- Arthritis Foundation

**11:00 am** Healthy Hearts  
- Heart Foundation

**11:20 am** Am I ok? – Mental health and  
body image

**11:40 am** Looking after your pelvic floor  
- Continence Foundation

**12:00 pm** Oh Sugar – Diabetes and muscle  
mass - CSIRO

**12:20 pm** Strength for life

**\*\*Free Health Checks 9:30–10:30 am – Call 8232 0422 to book\*\***

