

CHOICE & CHANGE

Supporting healthy ageing for Women

Join us as we support women across the region age and thrive at the 2025 Round One Country to Coast, QLD Clinical Societies events!

Immerse yourself in learning at the *Choice and Change - Supporting healthy ageing for Women* event where experts and guests explore clinical insights into maximising health during both perimenopause and menopausal transition.

Together with clinicians in your region learn, share, and grow to explore practical strategies to support women's healthy ageing.



LEARNING OBJECTIVES

- Explore data to examine the current state of women's health with age, particularly the impact of the menopausal transition.
- Develop an understanding of evidence-based advice on lifestyle and healthy ageing to incorporate into consultations relating to menopause.
- Describe the benefits and risks of menopausal therapy including hormonal and non-hormonal options.
- Examine the role of integrated multidisciplinary care, particularly the role of a women's health physiotherapist, in driving better outcomes for women around menopause.
- Explore opportunities to develop and embed best-practice service models in local communities.



REGISTER NOW
FOR THIS EVENT!



JOIN OUR GROWING COMMUNITY

Join our community of more than 1,600 healthcare professionals across the Sunshine Coast, Wide Bay and Central Queensland who are networking and learning together.

Dinner and refreshments provided.

Gympie | Thurs 27 Feb 2025
Gympie RSL
5:30 PM - 9:00 PM

Noosa | Tues 4 March 2025
Noosa Springs Golf and Spa Resort
5:30 PM - 9:00 PM

Nambour | Wed 5 March 2025
Nambour RSL Club
5:30 PM - 9:00 PM

Caloundra | Thurs 6 March 2025
Caloundra RSL Memorial Bowls Club
5:30 PM - 9:00 PM

For more information, visit:
c2coast.org.au/clinical-societies
or contact: csociety@c2coast.org.au

EARN
CPD
POINTS

Clinical Societies events are RACGP & ACRRM accredited for CPD Points.

