



# Health, wellbeing focus at Elmore

A Ladies Health and Wellbeing evening in Elmore has been labelled a success by organisers.

About 130 women attended the free event on Wednesday at Elmore Memorial Hall.

MC for the evening was Kathy Tuohey, who said they had received good feedback.

“Everyone had a good time,” she said.

Attendees heard from a podiatrist, physiotherapist, speech therapist and a health promotion officer, after being greeted with champagne on arrival.

Ms Tuohey said the evening aimed to answer some questions women might have had about their or their children’s health.

“Our second speaker (was) Cheryl Ludwik, a physiotherapist from Bendigo Health Care Group. Cheryl spoke about staying in control, and protecting the pelvic floor,” she said.

“Local girl Anthea Griffin presented on

children and adolescent speech therapy.”

Health promotion officer Bethany Maher lightened things up a little with her presentation.

“Bethany took a light-hearted look at why it doesn’t matter if your bits are wobbly, making a difference regardless of looks, and women in history,” Ms Tuohey said.

The event was organised by Elmore Primary Health Services, including the Ladies’ Auxiliary and supported by several sponsors.

“On behalf of Elmore Primary Health Services, our partners Bendigo Community Health Services, and on behalf of the Ladies’ Auxiliary, we thank everybody who has been involved in this wonderful event,” Ms Tuohey said.

“We hope to see you again next year.”



■ Those at the event enjoyed a variety of presentations, with 130 women from the district attending.



■ Bronwyn Phillips has a chat



■ MC for the night was Kathy Tuohey.



■ Anthea Griffin addresses the group.



■ A variety of presenters spoke at the Elmore ladies night, including (from back left), Bronwyn Phillips, Cheryl Ludwik, MC Kathy Tuohey, Bethany Maher; (front) Anthea Griffin and Sonia McCahon.