

# Hobart Women's Health Centre Newsletter



Celebrating our 21st Birthday this Year

AUTUMN  
2008

Women's Walks  
P.4

Support Groups  
P.4

End Ennui over  
Endo  
P.5

What's On at  
HWHC  
p.6

Women on the  
Wall  
p.11

## Pregnancy and Alcohol Pissed at the Conflicting Information?

Julianne Campbell

Fetal Alcohol Spectrum Disorders (FASD) have been gaining more publicity of late. Launceston hosted the first National Conference in June 2007 and since then a quick surf on the net reveals increasing numbers of articles, research projects, news stories and other activities exploring the issue. FASD is not a clinical diagnosis in itself, but represents a range of diagnoses falling within the spectrum. These diagnoses are Fetal Alcohol Syndrome (FAS), partial Fetal Alcohol Syndrome (pFAS), Alcohol Related Neurodevelopmental Disorders (ARND) and Alcohol Related Birth Defects (ARBD).

Late last year, I attended a FASD seminar presented by The Drug Education Network and the Family Relationship Centre. Information at the seminar built a cohesive and compelling argument that 'No alcohol is the best and safest choice for your unborn baby'. This statement, from the brochure produced by the National Organisation for Fetal Alcohol Syndrome and Related Disorders (NOFASARD), reflects the belief put forward by prominent organisations such as Alcohol Related Brain Injury Australia Services (ARBIAS) and the National Organisation for Fetal Alcohol Syndrome (NOFAS) in the USA. Whilst the information presented at the seminar left no doubt as to the organisers' position on the issue, I was left feeling it was all too black and white, sailing dangerously close to 'mother blaming' without concrete scientific evidence to back such claims. I wanted to hear other perspectives. Preliminary investigation revealed there certainly are differing views regarding the NOFASARD message.

A good starting point for investigation would seem to be with the 2003 meta-analysis (a study of studies), "The Effects of Prenatal Alcohol Exposure on Infant Mental Development: A Meta-Analytical Review" (Testa, 2003). This work analysed all the studies the researchers could find. They included those with varying results – some seeming to show alcohol caused effects, and others that didn't. Stewart (2004) points out the meta-analysis found no significant association between alcohol exposure and fetal alcohol effects, except for women who drank two or more alcoholic



continued over...

Here for ALL women

drinks per day. Even then, statistically significant effects disappeared when the children were retested at 18-24 months. The "Discussion" section of the study notes: "Another, perhaps more striking, conclusion...is that the body of relevant research is neither as large nor as conclusive as might have been assumed given the large number of qualitative reviews of the literature and the significant impact the literature has had on social policy and social norms regarding drinking during pregnancy." The study also states "Because of the limited number of studies and heterogeneity in measurement, analysis and samples, we urge caution in interpreting results."

Despite a lack of evidence against alcohol, the media and public have created and perpetuated an intolerant, factually inaccurate climate for pregnant women. Armstrong (2003) argues there is insufficient basis for recommendations regarding maternal alcohol consumption or the moral condemnation of pregnant women who drink. Drinking during pregnancy is uncommon in the United States. Approximately one in eight women reports having had at least one drink during pregnancy and, of these, three quarters consumed fewer than seven drinks per week. Furthermore, not every woman who drinks during pregnancy will give birth to a child with fetal alcohol syndrome. Even among heavy drinkers, rates of fetal alcohol syndrome are less than 5 percent. Armstrong concludes 'there is no fetal

alcohol syndrome epidemic, nor is moderate or social drinking a risk factor for fetal alcohol syndrome in infants."

The USA's moral panic over FAS, unlike earlier social preoccupation with alcohol, is driven as much by gender division as by class or socio-economic divisions. Although sufferers are more likely to be poor, the public image of FAS as a universal one resonates with issues of social control and gender. As Armstrong (1999) noted in an earlier analysis, the diagnosis of FAS arose at a period of intense gender agitation in the USA, reflecting widespread unease about the conflict between traditional roles of women and their efforts to embrace more diverse roles in society. Historically, moral entrepreneurs have mobilised moral rhetoric when they felt threatened by outsiders, newcomers to society; in other words, as a response to social deviance.

Moral panics may arise when elites seek to preserve or defend their status in the social structure; alternatively, moral panics may serve to deflect political attention from difficult social problems, or inequality inherent in the social structure (Hall in Armstrong, 1999). As Plant (1999) noted in the British context, the moral panic ignited by FAS in the USA further diverted attention from social inequality, displacing blame for poor pregnancy outcomes to individual mothers rather than

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**Women on Top**

acting together for health and wellbeing

Tasmanian Women's Health Forum 13-14 June 2008

Want to be healthier and happier?  
 Connect with other women,  
 share knowledge, skills and ideas,  
 and do something to achieve  
 better health & well-being  
 for yourself and your community.

Join us at the  
**Tasmanian Women's Health Forum**  
 Newstead College Launceston  
**13~14 June 2008**

Get involved.  
 We'd love to see you there!

For information ☎: (03) 6336 2401  
 wothealthforum@dhhs.tas.gov.au  
 With Federal & State government funding assistance under PHOFA.



social circumstances. Women, in their child-bearing and child-rearing roles, have always been held particularly responsible for the 'future of society'. The case of FAS illustrates this view remains.

The following quote demonstrates how some in the medical profession dismiss any social factors that may contribute to FAS, placing full responsibility on individual women. The writer also manages to get in a swipe at feminism, in case we were unsure of the bias.

*The catalyst for women's issues is the word "choice". Even women who are not adamant feminists enjoy the comfort of "choice". Thus, to inform women that they, and they alone, are responsible for FAS, and that if they "risk pregnancy" while drinking, and happen to get pregnant, their "choice" has been compromised. In effect, their "choice" for recreational intercourse, no matter what might happen, has been challenged. The biological facts are that the female conceives and cares for the embryo and fetus from day one of pregnancy. The placenta is no barrier to most noxious elements, not to viruses, and certainly not to alcohol. It is the mother's responsibility to care for the new individual human being from the moment of conception to birth and beyond. That's just how it is. We have a subset of the human population which is permanently damaged due to irresponsible women. There is no excuse for it. (Kischler, 2006)*

Clearly, pregnant women do have a responsibility to minimise any harm to the fetus, as do the fathers involved. Studies such as Daniels (1999, p. 91-92) is one of the few to consider the fathers' role, suggesting ways in which men may contribute to a partner's alcohol consumption by psychological or physical abuse. As Daniels states, 'Whether physical, social or psychological, a good deal of responsibility for harm may lie with the fathers of these children. By widening the lens to include social structures, we can clearly see the ways in which we share collective responsibility for fetal harm.' Daniel's argument undermines any attempt to simply blame the mother, and outlines the many ways in which the responsibility of the individual woman for fetal harm is diminished.

The current direction of Australian lobbying appears to follow the USA's lead. Strategies being promoted include federally-mandated labels on alcoholic

beverages. Unfortunately, this has the effect of directing public attention away from social inequities at the root of poor birth outcomes, and toward individual responsibility and blame. We know a small proportion of women of child-bearing age, especially those most disadvantaged by poverty, bear the greatest burden of risk for FAS and if we are to reduce the incidence of FASD, we need first to know who those women are, as well as what puts them at risk. We must reconstruct the problem—not as a moral panic, but as a moral imperative to find and help those women most at risk of adverse outcomes.

## References

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# Autumn Ambles

## Women's Walks

The walk targets women 50 plus, but women of any age are welcome. Regular walking helps maintain good health, assists stress reduction and promotes good sleep.

The Autumn walking program will begin on **Thursday March 6 at 10:30 am**, facilitated by Anne Stevens.

This season the weekly walks will be around Battery Point, Salamanca, Wapping and Sandy Bay. All walks will begin and end at the HWHC, followed by tea/coffee in the courtyard. The Walking Calendar can be collected from reception, or posted to you.



Walking participants

**For further information phone the Centre on 6231 3212.**

## Endometriosis

### A Naturopathic Approach

An Endometriosis Awareness Week event

With guest speaker

**Madhu Lilley**

B.H.Sc (Comp.Med), Ad.Dip.Nat

Hobart Women's Health Centre

Tuesday 4<sup>th</sup> March 2008

5:30 – 7:30 pm

All women are welcome, no need to book and admission is free.

## Improvised Performance Workshops

With Helen Swain and Sally Edith  
from *The All Audreys* performance ensemble

Using movement and voice-based exercises and activities, you will explore the possibilities of creating theatrical performance in the moment. You are merely limited by your imagination!

Helen and Sally have a decade of improvise experience between them and offer a gentle, fun introduction to this liberating and revelatory form of self-expression. As facilitators, they offer a very generous and open approach to individual needs.

You will find yourself defining your own style and performance aesthetic, within the flexible structure they provide. Prepare to be excited, stimulated, inspired!

**Where:** Hobart Women's Health Centre

**When:** Sunday March 2 1 pm – 5 pm  
Sunday April 6 1 pm – 5 pm  
Sunday May 4 1 pm – 5 pm  
Sunday June 1 1 pm – 5 pm

**Cost:** \$25 waged/\$15 unwaged per 4 hour session

Please wear comfortable clothes

For **further information** and to enrol please call Sally on 6236 9591.

*The All Audreys* performance ensemble, have a passion for creating original and exciting performance in response to contemporary, personal and political issues.

## Support Groups?

If there are issues affecting your life and those of other women you know and you wish to start a support group. The Centre is able to provide a friendly space and some support to develop the idea.

To discuss or ideas and for further information contact the Centre on 6231 3212.

# End Ennui over Endo

Jen Van-Achteren

In 1690, Daniel Shroen put forward the first detailed description of wide-ranging peritoneal endometriosis. Over the next 300 years, many practitioners recognised the extensive nature of the problem and the capacity for endometriosis to have a significant effect on the general well being of affected individuals. In 1776, it was described thus, "In its worst stages, this disease affects the well-being of the female patient totally and adversely, her whole spirit is broken and yet she lives in fear of still more symptoms such as further pain, the loss of consciousness and convulsions."

After reading the above description - and bearing in mind some 10 to 15% of the female population have endometriosis - it seems mind-boggling in the year 2008 that the disease still remains so poorly described, understood and diagnosed. On average, it can take more than eight or ten years from when a woman first seeks medical assistance to be diagnosed with endometriosis.

In the past, the problem was described as hysteria (the derivation incidentally coming "from the womb"); in 1797, one physician questioned who would not be nervous and hysterical, "what with the sad state and anguish of this disease..." Even

today, many women seeking medical help and a diagnosis are fobbed off as overreacting, hypochondriacs or given the pill and told not to worry.

A grass roots campaign led by women has resulted in significant developments to increase awareness, investment into research and unprecedented recognition of endometriosis by the European Parliament. In 2005 a Written Declaration on Endometriosis presented to the European Parliament attracted more signatures than any other human health issue. As a result strategic alliances have been formed with patients, physicians, scientists and legislators. Italy has responded by taking the lead with a five-year action plan and formal recognition of endometriosis as a social disease.

While our Federal Government has a Women's Health Policy, there is no mention of endometriosis despite its prevalence. Efforts to elicit from the Minister the government's intentions regarding this issue have received no response. It is time our government made a similar commitment to that of Italy.

## Birth and Beyond

*Birth & Beyond nurtures a holistic approach to the needs of women as we journey through the childbearing years; support to explore and choose what is right for you and your family.*

**Fortnightly on Mondays between 9:30 am - 1 pm**

Birth and Beyond will be facilitated by women who regularly attend the group.

**The dates for this season are as follows:**

March 3 and 17

April 7 and 21

May 5 and 19

Phone the Centre on 6231 3212 for more information about topics and presenters.



Mums and Bubs at Birth and Beyond

# WHAT'S ON @ HWHC

The following **group sessions and activities** are held at the Centre on a regular basis and are free unless otherwise stated. We welcome referrals to any of these programs.

<b>Ageing Well with Weights</b>	8 week strength training program on Fridays 1:30 - 2:30 pm. \$5 per class with physiotherapist Pat Sandercock. To be sent forms for the next course, please call the Centre on 6231 3212.
<b>Birth and Beyond</b>	Monday fortnightly from March 3 at 9:30 am for 10 am start until 1 pm. Group sessions to share and learn more about birthing and mothering experiences. Share a healthy lunch.
<b>Body Conditioning</b>	Wednesday 12:30 - 1:30 pm \$5 per session with Maia Beneke. Designed to increase physical strength, cardio fitness and joint stability. Suitable for all levels of fitness.
<b>Breast Cancer Support</b>	3 <sup>rd</sup> Tuesday of the month 11:45 am - 1:15 pm. For any woman diagnosed with breast cancer who would like information and support.
<b>Encore</b>	8 week gentle exercise program, for women after breast cancer. If you would like to participate, please contact Rosemary at HWHC for more information.
<b>Fitball Beginners' Class</b>	Tuesday and Thursday 10 - 11:30 am. \$5 per class with physiotherapist Pat Sandercock. Numbers are limited, so phone Pat for information and to book on 6229 7488.
<b>GP services</b>	Tues, Wed and Thurs 9:30 am - 1 pm, half hour bulk-billed consultations by appointment. Approximately a 4-week wait.
<b>Grandparents Raising Grandchildren</b>	Support and relaxation. Second Thursday of each month 10 am - 1 pm.
<b>Herbalist</b>	Thursday 1 - 4 pm by appointment only. Cost is \$25.50 for the 1st one-hour consultation and \$15.50 follow up appointment. To make an appointment phone Sally on 0407 872 792.
<b>Massage</b>	Monday by appointment only, \$40 per hour. For information and to make an appointment phone Amanda on 0418 355 403.
<b>Meditation</b>	Guided and safe relaxation meditation Tuesday 10 - 11 am (beginners welcome). No meditation on Easter Tuesday March 25.
<b>Midlife Outreach Service</b>	Individual information and support sessions on midlife issues. Wednesdays 10 am - 2 pm on March 26, April 30 and May 28. For information and to make an appointment contact Jennie Gorringer on 6222 7242.
<b>Sing For Your Life! Choir</b>	Fun, easy and uplifting singing sessions every second Thursday 6:30 - 8 pm starting March 13. Cost \$3:00. Beginners are most welcome. For more information contact Jane Christie-Johnston on 0417 651 538.
<b>Tai Chi</b>	Monday 10 - 11 am and 2 - 3 pm. This is a low impact form of Tai Chi, which focuses on increasing mobility and flexibility while developing inner strength and tranquility.
<b>The Lounge</b>	Friendly and informal meeting space for same-sex attracted women. Every Tuesday during March 2008 then from April onwards every 2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of the month from 5:30 pm. Contact Tracey at the Centre.
<b>Older Women's Friendship Group</b>	Every 2 <sup>nd</sup> Tuesday of the month from 1:30 - 3:30 pm. Are you interested in meeting new people, having a laugh with likeminded older women and becoming better informed about issues affecting you? The group is small, friendly and welcomes new faces. Phone Barbara on 6244 3993 or the Centre for more information.
<b>Women's Walks</b>	Thursday mornings 10:30 am - 12:30 pm. Calendars are available from reception.
<b>Writers' Support Group</b>	First Wednesday of the month 2 - 4 pm. Contact the Centre.
<b>Yoga</b>	Wednesday mornings 9:30 - 10:45 am for experienced participants and 11:00 am - 12:15 pm for beginners \$5 per session with Kathy.

**Come in for a cuppa and browse in our library, or use the photocopier.**

# Autumn Escapades

**These workshops are an informative and inspirational way to enhance your health and wellbeing.**

All workshop sessions will be held in the Backspace of the Hobart Women's Health Centre

Bookings essential Ph 6231 3212

Gold coin donation (optional)

**Thursday April 10 12:30 - 2:30 pm**

*Unashamedly Political*

**with Eileen Levett.**

So you think aging isn't political. What are the concerns for older women that should be on the boil? Eileen Levett, Executive Officer from COTA will lead the discussion.

**Thursday April 17 12:30 - 2:30 pm**

*How To Help Put Things Right*

**with Madhu Lilley**

Good digestion is a very important aspect of maintaining the health of the whole body. Discover how a healthy digestive system, specific foods and lifestyle can improve hormonal balance, vitality and immunity.

**Tuesday April 22 2:00 - 3:00 pm**

*Aging Well with Weights Taster*

**with Pat Sandercock**

Staying strong and flexible is important for healthy aging. Resistance exercise can strengthen our bones, improve flexibility balance and enhance emotional wellbeing. In this afternoon session, Pat gives women the opportunity to explore using weights and learn more about the Aging Well with Weights Program.

**Thursday May 1 12:30 - 2:30 pm**

*Every Woman is Bodelicious*

**with Jen Van-Achteren**

Discover your own unique beauty in a safe and supportive environment and let it radiate out. In doing so help create a world in which every woman can proudly say "I am beautiful." Please bring along a photo, piece of prose or object that defines or describes why you are beautiful.

**Thursday May 8 12:30 - 2:30 pm**

*The Bleeding Obvious*

**with Jess Grace**

Would you like to save some money and do your bit to change the 660 million odd menstrual products in landfill each year while making something special for yourself? Come along and learn to make a simple reusable easy wash/dry pads. Find out about the different types of cloth pads available, styles, washing methods, and making your patterns. Basic materials and pattern provided.

**Tuesday May 27 12:30 - 2:30 pm**

*Powering Up*

**with Jodie Kent**

Develop your self esteem and confidence while learning self-defence techniques. This session is based on Taekwondo and will be very light, enjoyable and suitable for all fitness levels. Please wear loose fitting clothing and bring a bottle of water. Expect to walk away feeling powerful and confident.

**Thursday May 29 12:30 - 2:30 pm**

*De-Daunting Diabetes*

**with Helena**

There is often a lot of confusion and concern around "Diabetes". What is it? How does someone get it? What is the difference between Type 1 and Type 2 diabetes? What are the risk factors and complications? Helena from Diabetes Australia – Tasmania provides education, counselling, support, and diabetes management courses, to assist people enjoy a good quality of life. This interactive session is an opportunity to find out all the most up-to-date information and ask questions.

# Talking Herbs

*The alternative medicines*

*with Sally Riley*

Most of us, as we age, notice the odd twinge in our joints - especially those we use in our regular every day repetitive chores, jobs or exercise. Gradually these twinges may become more pronounced and we think "Oh Oh, what now?"

*Arthritis is starting to appear, or more correctly osteoarthritis. This is a disease in which the synovial fluid in the joint may become less viscous and the bone may start to erode. Inflammatory metabolites are produced and these produce pain.*

The next step is often NSAIDs (non-steroidal anti-inflammatory drugs) such as panadol, aspirin, or more often voltaren or caprex. These all have side effects of varying degrees.

*There are however some herbs that may help relieve the pain and slow the process of the disease.*

Apium graveolens (celery) is a diuretic, antiseptic, antirheumatic, and hypoglycaemic. It has been shown to reduce blood sugar levels; hence it is useful for diabetes sufferers and as a diuretic for urinary tract infections, particularly since it is also antiseptic. It assists arthritis symptoms by helping the kidneys excrete waste products responsible for the irritation and consequent inflammation of joints.

Centella asiatica (gotu kola) is often regarded as a memory herb and an arthritic herb. Sometimes called Indian pennywort, it is believed to enhance mental clarity and "spiritual awareness" helping to revitalise

the brain and nervous system. It has been used in Western Herbal Medicine for skin problems, poor circulation and arthritis because it is anti-inflammatory.

Curcuma longa (turmeric) often called Indian saffron. This rhizome has been used as a medicine, colouring agent, and spice for hundreds of years. Its use as an anti-inflammatory is due to the presence of a substance called curcumerone, which is a "COX-2" inhibitor. COX-2 is an inflammatory substance causing pain in arthritic conditions. Much progress has recently been made extracting curcumerone to market it in tablet form.

Other benefits of turmeric are as an antimicrobial and anti oxidant and it may also inhibit carcinogenesis. So curries containing turmeric can be very beneficial.

Don't forget the omega 3 fish oils for relief of arthritic symptoms and maintenance of healthy eye and brain function.

Doses should always be checked with a professional health practitioner, as therapeutic doses vary for each herb and some have cautions for certain health conditions.

Sally is available on Ph. 0407 872 792 for consultation in herbal or mineral therapies by appointment at the Centre on Thursday afternoons.

## Breast Cancer Support Groups

The next meeting date and times are:

**March 18** 11:45 am - 1:15 pm  
Anne-Maree Havlat Lancaster  
Psychological Impact after Breast Cancer

**April 15** 11:45 am - 1:15 pm  
Julia Asten Breast Care Nurse

**Please phone Rosemary on 6231 3212 for more information.**



Photo taken at the farewell for Nola Polmear Breast Care Nurse

# ENCORE NEWS

Encore is an eight-week program of two-hour sessions specially designed for women who have had breast cancer. It helps restore mobility, flexibility and confidence through gentle exercise. This national program is funded by Avon, and auspiced in Tasmania by the Hobart Women's Health Centre. Programs are available in both Hobart and Launceston. Trained facilitators guide women through specially designed ground and warm water exercises, and provide the opportunity for women to support one another in a safe sharing environment.



From the YWCA Encore website  
Photographer Sharon Hickey

Encore programs are free to participants and designed for women who have had breast cancer at any time in their lives.

## **DATES FOR NEXT ENCORE PROGRAMS**

### **Hobart**

February 20 - April 9, 2008

Wednesdays 1:00 - 3:00 pm

May - June 2008

### **Launceston**

February 6 - April 2, 2008

Wednesdays 5:30 - 7:30 pm

Phone the Hobart Women's Health Centre to enrol or for further details 6231 3212.



## **Aging Well with Weights**

There is increasing evidence to show staying strong and flexible is very important for healthy aging. Resistance exercise can strengthen our bones, improve our balance, flexibility and assist in positive living by warding off "the blues".

The HWHC *Aging Well with Weights* course is an eight week strength training program for older women with physiotherapist Pat Sandercock. The course consists of specific exercises using weights tailored to each woman's individual needs.

The sessions are on Fridays at 1:30 pm and the next course will commence April 18, 2008. The cost is \$5 per session or \$35 for the full course if paid upfront by/on first day.

Please phone reception on 6231 3212 to receive your enrolment forms or collect them from the Centre during opening hours. Please note you may require your doctor's approval to participate (see enrolment form for details).

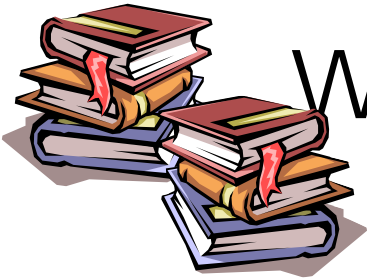


Ageing Well with Weights participant

Pat is happy to negotiate with women who miss specific sessions due to illness etc to attend catch up sessions in the following program.

Please note the HWHC provides practice times for women to maintain their strength after completing their 8 week supervised program.

# WOMEN'S WISDOM LIBRARY



## ***Stop Smoking in One Hour***

Play the CD just once and never smoke again

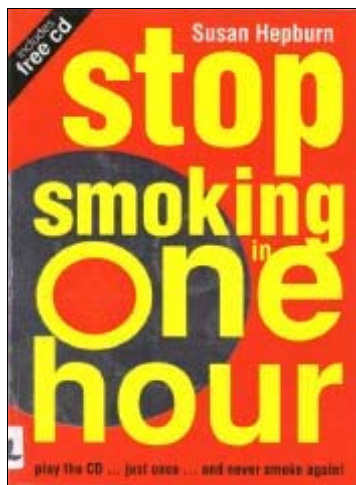
by **Susan Hepburn**

The thing that first grabbed my attention about this book was the title, but also the author's statement, "To succeed you need commitment and determination. Willpower is not required."

I loved the thought, I didn't even need 'willpower'. I had attempted on numerous occasions to 'give up' smoking, only to pick it up again after a couple of months. I am happy to say after reading this book and listening to the hypnosis CD (included) over twelve months ago, I became a 'non-smoker' and it feels great.

The author does not claim to offer a miracle cure but assures the reader there are no side-effects, cravings, irritability or nibbling between meals. The premise is the reader is not 'giving up something' and, therefore, will not feel deprived or the need to find a substitute. The fundamental requirements are: 'the desire' to be a non-smoker and following the instructions in the book before listening to the CD.

This easy-to-follow book and CD package came about through fourteen years of work Susan Hepburn had been doing with people



who smoked and wished to become non-smokers. The writer seeks to dispel myths and reduce fears around hypnosis. She teaches breathing exercises and encourages the reader to make a commitment to do these for three days following listening to the CD.

The breathing exercises increase oxygen levels and assist in repairing the damage done to the respiratory system when you were a smoker. They also act as a subconscious trigger - if you think you want a cigarette you do your breathing exercises.

I found the book very easy to read, the hypnosis CD relaxing and you only have to do it once. The book is full of so many positive benefits to becoming a non-smoker. Will it work for everyone? Certainly not; however, if you strongly desire to become a non-smoker, I highly recommend this book.

**Ankarah Grace**

## HAVE YOU GOT ANY OVERDUE BOOKS?

If you have any overdue books from our Women's Wisdom Library, please return them to the Centre. Or if you require your book for a little longer, please let us know by giving us a call on 6231 3212. Thanks!

## Uo2 Me Environment Challenge

**Wednesday April 16 5:30 – 7:30 pm**  
**Hobart Women's Health Centre**

Do you wonder what climate change is all about and what you can do for yourself, your family and the planet?

Would you like to know how to save money on your power bills?

Come to a free talk by Margaret from Sustainable Living Tasmania and learn how these two things can go together.

# Aromatherapy

## *Empowerment and You*

### Health and Wellbeing Workshop

Do you want to take control of your life?

Do you want to see each day as a new, exciting challenge?

Learn more about your inner self and how to use essential oils to balance your personality type and overcome defence?

If your answer is "yes" - this exciting workshop is a must for you.

**When:** Thursday March 27 1:30 - 4:00 pm

**Where:** Hobart Women's Health Centre

**Cost:** \$25

For further information or to book please contact Aileen Wright on 0409 233 098 or 6265 2064.

The presenter, Aileen Wright, is a qualified aromatherapist with a passion for enhancing quality of life using innovative strategies in aromatherapy.

## Women on the Wall

### Mural Art Project

2008 is Hobart Women's Health Centre's 21<sup>st</sup> Birthday. We are having a mural painting project *Women on the Wall*, as part of our anniversary festivities to honour and celebrate the diversity of women.

Chantale Delrue will facilitate the project and we would love to hear from women who wish to be involved with the development, design and painting of the mural. This is a great opportunity to come together in a fun, creative way, to learn new skills in a supportive environment and have input into the creation of the mural.

Please contact us at the Centre on 6231 3212 to get involved or for more information.

## Lesbian and Bi Women

### The Lounge

**Lesbian, bisexual, questioning or curious women.**

Safe, friendly and informal, come by yourself, with a friend or partner. Every Tuesday during March then every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month from April onwards at 5:30 pm here at the Health Centre (unless otherwise planned).

#### Next meeting dates:

**March 4, 11, 18 and 25 April 8 and 22 May 13 and 27**

Film and games nights, BBQs, dance nights, walks or just for a chance to do a bit of socialising.

#### Toy Talk

Come along to The Adult Shop for a fun and informative night for same-sex attracted women.

A Sex Toy expert will explain all the different toys available, their care and safe sex and play.

#### April 8 at 6:30 pm

The Adult Shop 98 Main Road Moonah  
RSVP to Jen at the Centre. Limit of 25 women.

### Borderlines – Queer Radio

**Hobart's sexuality and gender issues radio show**

Every Wednesday 2 – 3 pm  
Edge Radio 99.3 FM

### The Hobart Pride Choir

**Meets every Thursday at 6:30 pm**

Phone Jen at the Centre for details.

### Wellington Wanderers

International Women's Day Walk  
and BBQ Picnic

**Saturday March 8 at 9 am**

**Junction Cabin to Lenah Valley - Medium Grade**

Walk with other same sex attracted women and explore this beautiful spot.

For more information call Sue on 6229 7519.

**BBQ starts at 1:30 pm** at Fern Tree opposite the Fern Tree Tavern. For more information call the Centre.

### Car Rally and Picnic

**Sunday April 27**

For further information on the rally contact the Gay and Lesbian Community Centre on (03) 6234 8179 or go to [www.glctas.org](http://www.glctas.org)

Picnic starts at the Waterworks Reserve, Site 9 at Middy, BBQ available.

### Queens Ball

**Sunday June 8**

Stay tuned for further information



## WHAT AN EXPERIENCE . . .

Hello my name is Maria. I have been coming to the Centre for about six years on and off.

At the moment I am enjoying participating in the Walking Group and the Ageing Well with Weights course. I have been to a couple of open days and it is fantastic to have the opportunity to "taste" all the different activities on offer. I also like to get along to many of the Seasonal Workshops.

The Centre has so much to do in a friendly, non-competitive environment and it is wonderful to be able to mix with women of all ages.

The courses and activities allow so much more flexibility than, say, enrolling in an Adult Ed Course. You can just make up your mind and come along when you can.

Apart from coming to the Centre, I love swimming, bargain hunting, entering competitions and going to watch free Movies at the Casino.



## ~~OLD HAND~~ PAW

Lil has been working at the Centre on and off now for about eight years. She accompanies and supervises Julianne's work. Her other duties include greeting women arriving at the Centre, providing a friendly ear to listen to your troubles and offering comfort and reassurance.

Lil loves working at the Centre because there are always lots of pats and often vacuuming to do around the coffee and biscuit area.

Lil also loves going to the beach and visiting her best friends Mollie, Teddy and Liam.

## CONTRIBUTIONS. . .

Contributions from readers are very welcome. If you have an article, review, comment or notice that would be of interest to our readers, please send it to the Newsletter Editor by post, email or drop it into reception when you visit the Centre.

To be considered for inclusion, all contributions must be received by the following deadline:

**Winter Edition: 30<sup>th</sup> April 2008** (newsletter distributed at the end of May)



## . . .GETTING IN TOUCH

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