



WHISE:
Strength
in Dignity,
Choice,
Diversity
and
Justice

29 May, 2009

To our Members, Clients, Service Partners, Organisations & Networks:

Here at WHISE, we provide a range of programs and services, in attempts to encourage and empower the women of our community to be in control of and take responsibility for their own health and wellbeing.

Our staff are passionate about providing evidence based information on what approaches individuals can take to combat chronic ill-health. During the month of June, the Heart Foundation is advocating for awareness and action amongst Australian Women about the impact of heart disease, via their *Go Red for Women* campaign.

On behalf of the Heart Foundation, WHISE will be hosting our own *Go Red for Women* initiative, involving YOU and a special woman in your life. We hope that you will see the need for increasing awareness and join us for lunch on **FRIDAY 12 JUNE @ 11.00 A.M. @ 15 SCOTT ST DANDENONG.**

The initiative will consist of a presentation about the crucial facts you need to know about heart disease in Australian Women, presented by our own Accredited Exercise Physiologist, Robyn Smith. Lunch will be provided and donations to the Heart Foundation are not compulsory, but would be kindly appreciated.

Should you wish to attend, please advise by:

- Phone: 9794 8677
- Email: whise@whise.org.au
- In person: by calling at our office, 15 Scott St Dandenong.

We would love to see you on the day, and hope that you have the courage to wear red, in honour of the Heart Foundation!

Yours sincerely

Tricia Elliott (Mahon)
Chief Executive Officer
Women's Health in the South East



'Yes ... we are
a QIC accredited
organisation'