



Women's Health in the South East

15 Scott Street, Dandenong 3175, phone: (03) 9794 8677, Email –whise@whise.org.au

You may be one of the victims of Vitamin D deficiency!

WORKSHOP ON VITAMIN D DEFICIENCY

Women's Health in the South East (WHISE) cordially invites you to an awareness program on vitamin D Deficiency.

The main objective of the programme is to raise awareness of the importance of vitamin D for healthy living. Vitamin D deficiency is one of the major issues in Australia and has been linked to **osteoporosis, skin cancer, breast cancer, colon cancer, depression, heart diseases, rickets and auto immune illnesses.**

Participants will be given the opportunity to gather valuable information **on causes, consequences, treatment and prevention** of vitamin D deficiency. The programme will be conducted by Mr. Graham Sweet (Pharmacist).

Venue : Women's Health in the South East (WHISE), 15, Scott Street, Dandenong

Date : Tuesday, 11th May 2010

Time : 2 p.m. – 3 p.m.

To confirm your participation please call Kajanga or Helena on 97948677 on or before 10th May 2010.

Thanking you,

Kajanga Gamalathge