**Highland Self Management Forum**

**Women’s Health**

**10th June 2021**

**Microsoft Teams**

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| **AGENDA** | | |
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| 1300 - 1305 | Welcome and Housekeeping | Joanne McCoy  LGOWIT Manager |
| 1305 - 1315 | Networking opportunity |  |
| 1315 - 1330 | Alliance & Women’s Health Plan Update | Grace Beaumont  Development Officer, Self-Management Programme Health and Social Care Alliance Scotland (The Alliance) |
| 1330 - 1345 | Alternative Therapies for Women’s Health & Menopause | Donna Booth, Vitality  Wellbeing Coach & Retreat Host  Zen Yoga & Mindfulness Teacher  Reiki Master Teacher |
| 1345 - 1400 | Refreshment break |  |
| 1400 - 1415 | Women’s Mental Health | Julie Marker, Project Coordinator, Adapt & Collaborative Communities Project |
| 1415 - 1430 | Menopause in the Workplace | Gena Falconer, Occupational Health, Safety & Wellbeing Manager, Highland Council |
| 1430 - 1445 | Hospice Women’s Group | Jen Devlin, Community Support Team Leader & Occupational Therapist, Highland Hospice |
| 1445 - 1450 | What, where, why & how of the pelvic floor | Lynne Tait, Pelvic Health Specialist Physiotherapist, NHS Highland |
| 1450 - 1455 | Refreshment Break |  |
| 1455 - 1510 | Understanding facia & Scar tissue relating to postpartum & pelvic issues | Joanne Avison  Pelvic & Postpartum Specialist |
| 1510 - 1525 | Endometriosis – Lived Experience & what is Endometriosis | Kirsteen Campbell,  LGOWIT Development Officer & Endometriosis UK Group Leader |
| 1525 - 1535 | LGOWIT Self-management Tools | Sodi Kakouris, LGOWIT E-Learning Development Officer |
| 1535 - 1555 | Q & A |  |
| 1555 - 1600 | Thank You & Close | Joanne McCoy  LGOWIT Manager |