

# FREE HEALTH EDUCATION SESSIONS in Hindi, Nepali and Easy English

Women's Health West is offering free health education sessions in Hindi, Nepali, Urdu or Easy English to multicultural women in Melbourne's west.

Covering a range of health topics, these sessions will be delivered by trained bilingual health educators from the Indian and Nepalese community.

To organise a session on a topic which would be of interest to your organisation or community group, please contact the health educators at Women's Health West:

- **Deepmala Awasthi (Nepali, Hindi and Easy English):** 0491062052, [deepmalaa@whwest.org.au](mailto:deepmalaa@whwest.org.au)
- **Nilufer Singh (Hindi, Urdu and Easy English):** 0491062054, [nilaufers@whwest.org.au](mailto:nilaufers@whwest.org.au)

- **Choose your topic, language, date and time**
- **Delivered by trained women from your community**
- **Face to face at a venue of your choice or online**
- **August-October 2021**

## Topics include:

- Healthy relationships and safe homes
- Physical and mental wellbeing
- Sexual and reproductive health
- COVID-19 vaccinations

WOMHEn

Workforce of multilingual health educators

**Women's Health West**

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