

## Mission Statement

The Women's Health Coalition of West Elgin is committed to empowering women to make informed choices by identifying, addressing and increasing awareness of health issues affecting women.



*"Never doubt that a small group of thoughtful citizens can change the world. Indeed, it's the only thing that ever has" ..... Margaret Mead*



## West Elgin Women's Health Coalition

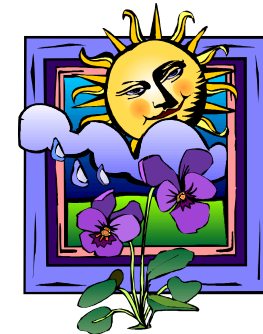
**Women Making A Difference in the Community**

For more information, to become a member ,  
or to find out when our next event is call  
519-768-1715 ext. 2203



**Women Making A Difference in the Community**

## West Elgin Women's Health Coalition



## Who Are We?

The Women's Health Coalition of West Elgin is a group of dedicated women who have been instrumental in creating local health & wellness strategies in our communities.

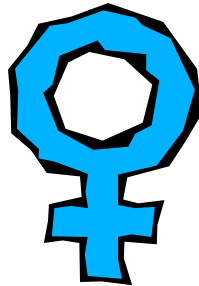
Working hand-in-hand with health care agencies and local community partners, the Women's Health Coalition of West Elgin is a driving force in understanding and addressing the needs of women in our communities!



Working Hand-In-Hand

## How Did We Get Started?

In June 2004, the West Elgin Community Health Centre participated in health research



to determine the needs and strengths of the women in the community.

### We learned...

That women were looking for information in some specific areas:

- Menopause
- Breast Health
- Heart Health



Working in cooperation with the Elgin St. Thomas Health Unit, *Women's Health, It Matters!* presented a *Menopause Evening for Women* in May 2005. This highly successful event motivated many women to sign up to become members of the newly formed Women's Health Coalition.

Since 2005, this group has been actively meeting and planning community events and workshops for women.



Women Working Together!

### Examples of Workshops:

- Everything You Need to Know Could Save Your Life (Breast Health)
- Heart Health for Women
- Finding Balance in Our Busy Lives
- Alternative Health Fair for Women

### Women Making A Difference in the Community

