



WOMEN'S HEALTH WEEK

Promotional kit for workplaces

womenshealthweek.com.au



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Jean Hailes and Women's Health Week



Jean Hailes for Women's Health is working to create an Australia in which gender has no influence on health and wellbeing outcomes.

We want to empower all women to enjoy their best health and wellbeing at every life stage.

Each year we celebrate and support this mission by presenting Jean Hailes Women's Health Week to thousands of workplaces, health organisations, community groups and women across the country.

We work in collaboration to:

- provide health information that women need to make decisions about their health in a way that builds knowledge, skills and confidence
- advocate to change the social, cultural and structural barriers that women face when it comes to their health and wellbeing
- connect organisations and initiatives to facilitate and drive change for women's health.

For more information visit jeanhailes.org.au



Information for hosts



Important dates

6 May – Event registrations open and bags available (until sold out)

31 August – Event registrations close

2–6 September – Women’s Health Week

How to use this kit

All files can be downloaded from the Jean Hailes website: jeanhailes.org.au

How to get involved

Information on how to participate in Women’s Health Week can be found in the [‘How to get involved’](#) guide.

Website

jeanhailes.org.au or womenshealthweek.com.au

As an event host you will receive:

- Evidence-based women’s health information
- Free event registration and promotion on the Jean Hailes website
- Exclusive access to order our 2024 Women’s Health Week bags for your event attendees – **only available to registered hosts**
- Priority access to Jean Hailes events and webinars
- Free promotional kits, including social media tiles, copy, poster templates, invitation templates and more



Promotional kit for workplaces



This kit has been especially designed for workplaces, helping you to host an event or share information across your workplace's channels. It includes over 20 practical templates and useful assets such as Zoom backgrounds, social media templates and copy, invitations, posters and bunting.

Free resources

We have a wide variety of resources on women's health to help support your event and activities, including:

- Easy Read fact sheets
- First Nations resources
- fact sheets
- translated fact sheets
- educational presentations
- podcasts.

[Visit our resources page](#)



Articles you might like



The full program of health information from Jean Hailes will be released on 2 September. In the lead-up to Women's Health Week you might be interested in linking to the following articles:

- **New report from Jean Hailes: Australian women's attitudes to menstrual and menopause leave** jeanhailes.org.au/news/new-report-from-jean-hailes-highlights-urgent-need-for-increased-workplace-support-for-womens-health
- **Nine ways to reverse exhaustion** jeanhailes.org.au/news/nine-ways-to-reverse-exhaustion
- **Business as usual? How I managed work while going through IVF** jeanhailes.org.au/news/going-through-ivf-while-working
- **Sleep tips for shift workers: A Q&A with sleep expert Dr Moira Junge** jeanhailes.org.au/news/sleep-tips-for-shift-workers

- **How managers can navigate health-related change at work** jeanhailes.org.au/news/how-managers-can-navigate-health-related-change-at-work
- **Breaking the mould: One woman's experience of menopause in the workplace** jeanhailes.org.au/news/breaking-the-mould-one-womans-experience-of-menopause-in-the-workplace
- **How to navigate chronic health issues at work** jeanhailes.org.au/news/how-to-handle-chronic-health-issues-at-work
- **Boost your mood with mind-nourishing food** stories.jeanhailes.org.au/boost-your-mood-with-mind-nourishing-food/index.html

Please see Terms and conditions for publishing Jean Hailes content.



Terms and conditions



Promotional kits

Jean Hailes Women's Health Week promotional kits can be freely used to promote your event and/or Women's Health Week in general. The kits cannot be used for any other purpose. Removing the Jean Hailes logo from any assets is strictly prohibited.

Trademark

Jean Hailes Women's Health Week is a registered trademark: 2372518.

Linking to Jean Hailes content

Women's Health Week supporters and participants can link to information on the Jean Hailes website. Where possible, please credit Jean Hailes © 2024 Jean Hailes Foundation.

Changing or publishing Jean Hailes content

Unless otherwise stated, all content that appears on Jean Hailes website may not be reproduced in whole or in part by any means without written permission of Jean Hailes for Women's Health. Contact: licensing@jeanhailes.org.au

Organisations and workplaces that wish to 'cut and paste' Jean Hailes content onto their own channels must:

1. Seek permission via licensing@jeanhailes.org.au
2. Credit Jean Hailes as the content creator using this wording: Reproduced with permission from © 2024 Jean Hailes Foundation
3. Link the credit to the Jean Hailes website: jeanhailes.org.au



2024 Program



Theme

Your voice. Your choice.

This year's Women's Health Week (2–6 September) celebrates the power of women's choice and voice. It will lift the lid on shame and raise the voice of women who feel unheard. Women's Health Week arms women with the tips, tools and confidence to talk to their doctors, workplaces and families about their health concerns. Some health decisions can be hard, but Women's Health Week is a trusted guide, showing women their options so they can make the choice that's right for them.

Key messages

- Know your options.
- Make the best decision for you.
- Speak up.
- Sex and gender should not impact your health.

Daily topics

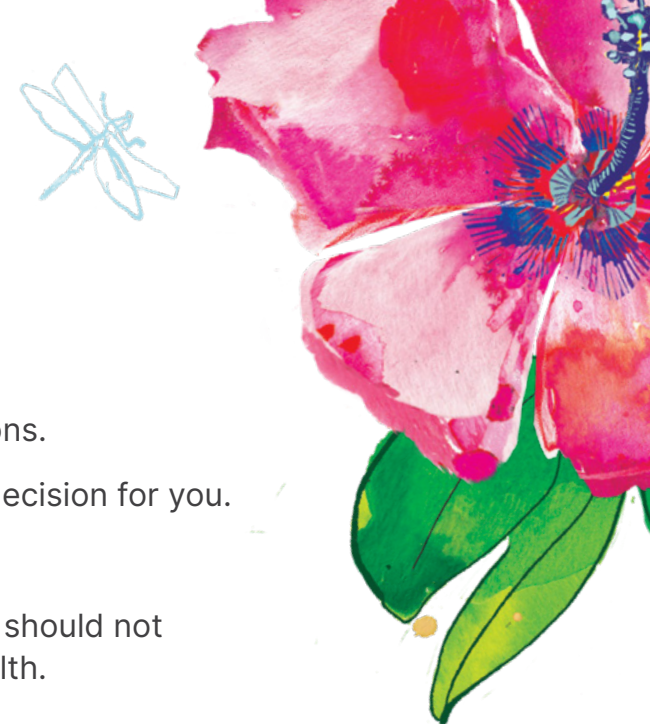
Monday: Know your body

Tuesday: Courageous conversations

Wednesday: Shame and stigma

Thursday: Point of difference

Friday: Trust your gut



Copy for newsletters or websites



We're proud to join thousands of workplaces across the country to support Jean Hailes Women's Health Week from 2 to 6 September 2024.

This year's theme celebrates the power of women's choice and voice. It will lift the lid on shame and raise the voice of women who feel unheard. By providing free, practical health information and advice, Jean Hailes arms women with the tips, tools and confidence to talk to their doctors, workplaces and families about their health concerns.

This year, new health resources will be released, including a nutrition guide for women, fact sheets on health issues affecting women in the workplace, and information on how to talk to your doctor.

Join the celebration. For more information visit jeanhailes.org.au or womenshealthweek.com.au

Women's Health Week 2024 program

Monday: Know your body

Get to know what's normal for you with info on health checks, bowel health, skin checks and breast and vulval self-checks.

Tuesday: Courageous conversations

Tips and tools to help you talk to your doctor about menopause, hormones, heavy periods, PCOS and more.

Wednesday: Shame and stigma

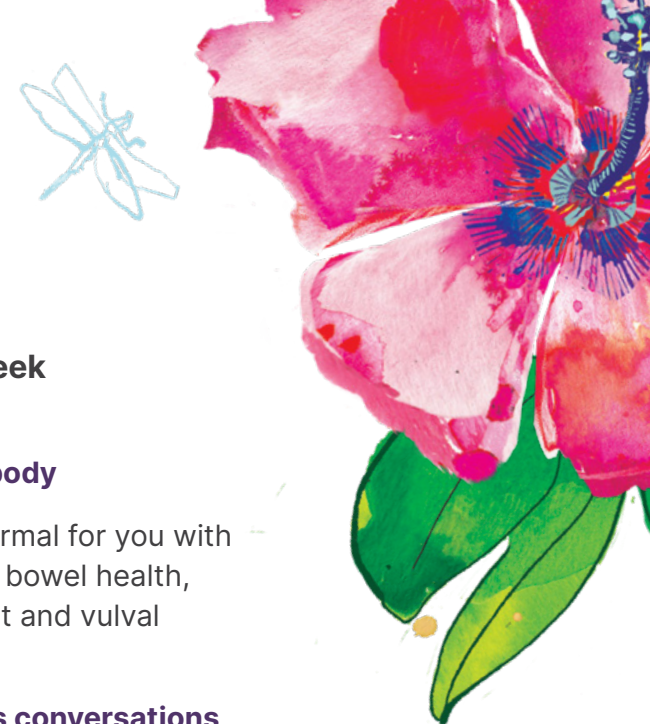
Tackling taboos and sharing women's stories about bladder leakage, painful sex, STIs and vulval irritation.

Thursday: Point of difference

Some health conditions affect women differently. Today we look at heart health, migraine and pelvic pain.

Friday: Trust your gut

Let's make healthy eating easier. Learn nutrition basics and how to have a healthier relationship with food.



Social media



Don't forget to tag us!

#WomensHealthWeek

Facebook:

[Jean Hailes for Women's Health](#)

Instagram:

[@jeanhailes](#)

LinkedIn:

[Jean Hailes for Women's Health](#)

YouTube:

[Jean Hailes](#)

Copy

Celebrate the power of women's choice and voice in this year's Jean Hailes #WomensHealthWeek (2-6 Sept 2024). jeanhailes.org.au

It's your choice and your voice in this year's #WomensHealthWeek (2-6 Sept 2024). womenshealthweek.com.au

Lift the stigma around women's health in this year's Jean Hailes #WomensHealthWeek (2-6 Sept 2024). jeanhailes.org.au

Know your options and make the best decision for you in this year's #WomensHealthWeek (2-6 Sept 2024). womenshealthweek.com.au

Speak up in this year's #WomensHealthWeek (2-6 Sept 2024). womenshealthweek.com.au



Media release copy



Media release copy

Coming in July.

Get in touch

We're here to help and we welcome your feedback. For more information or support, please contact the Women's Health Week team at whw@jeanhailes.org.au or **03 9453 8999**.





Women's Health Week party pack

Gift bag

Bunting

Postcard

Invitation

Name tag

Place card

Pull-up banner





For your workplace



Posters



A4 210mm x 297mm



A3 297mm x 420mm



A2 594mm x 841mm



A4 editable posters



Version 1



Version 2



Postcard



Front



Back




Bunting





Invitation



**You're invited to
our Women's Health
Week event.**

It's time to check in on your health
and do something positive for your
own health and wellbeing!

Host _____

Where _____

Date _____


Time _____

Details _____

RSVP by _____

Phone _____

womenshealthweek.com.au

 Jean Hailes
Women's Health Week®



Place card





Name tag





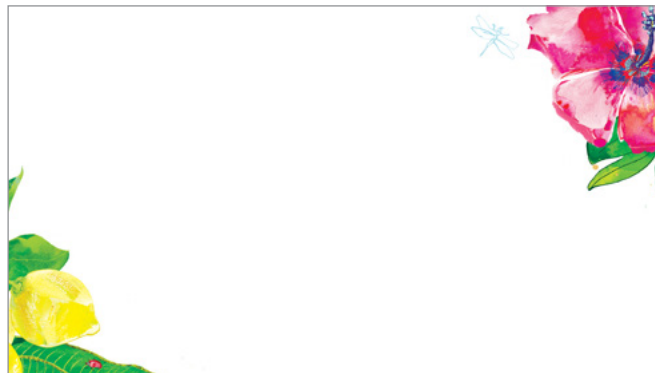
PowerPoint template



Cover slide



Title slide



Text slide



Social media tiles



Instagram



Story



Facebook and LinkedIn



Daily topics social media tiles



Sizes available include Instagram, Story, Facebook and LinkedIn



Daily topics poster and social media tile



A3 poster 297mm x 420mm



Social media story



Email signature





Digital advertisements



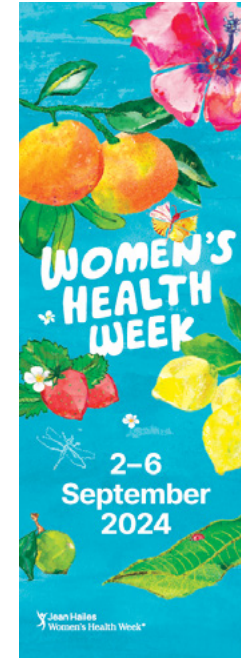
Google 1200 × 628px



Quora 600 × 335px



MREC 300 × 250px



Skyscraper 300 × 850px



Leaderboard 728 × 90px



Feature article header





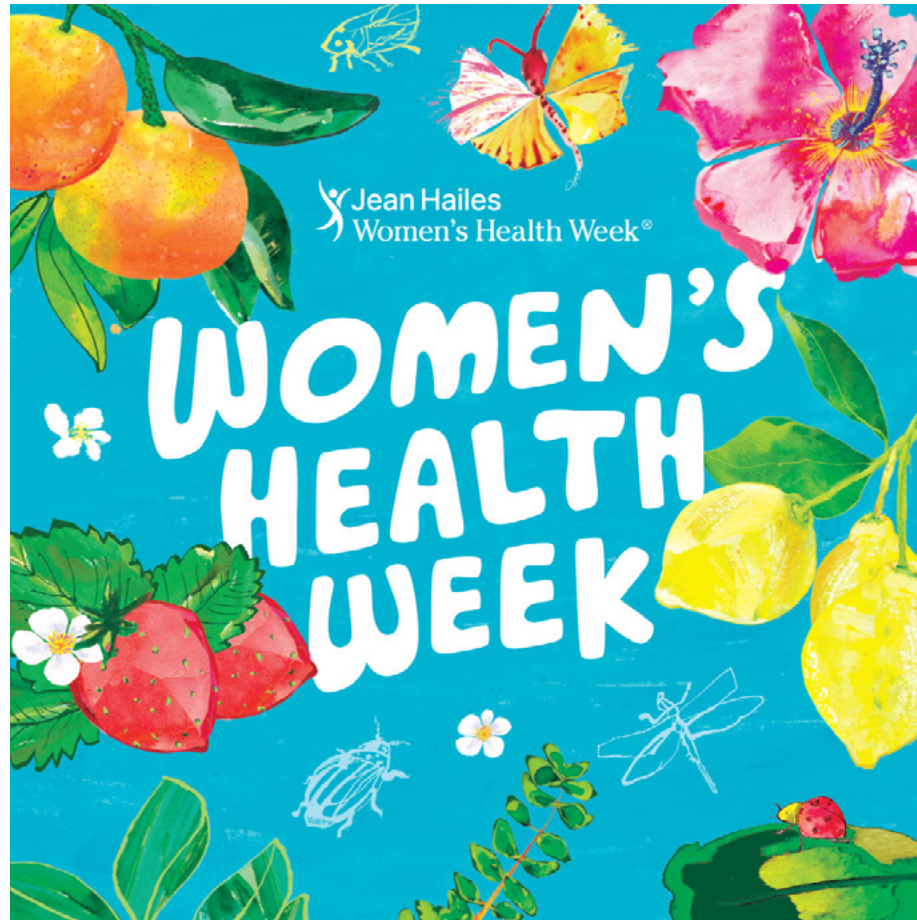
Pull-up banner artwork



850mm x 2000mm



Media wall



2000mm x 2000mm



Zoom background





Presentation slides



Version 1



Version 2