

FESTIVAL

11.30-2 PM 14TH MARCH 2024 WOMEN'S HEALTH



Recognising & including the health of trans, non binary and gender non confirming anatomical females

FIRST SITE,
LEWIS GARDENS,
HIGH STREET, COLCHESTER,
CO1 1JH

INSPIRING INCLUSION, EMBRACING EQUITY

**SUPPORTING WOMEN ON THE
JOURNEY THROUGH FERTILITY, BIRTH
AND THE MENOPAUSE.**

FREE ADMISSION

FREE REFRESHMENTS

MUSIC

MEET THE MIDWIFE

MEET THE HEALTH VISITOR

DISCUSS THE MENOPAUSE

FREE HEALTH CHECKS

IN THE MARKET PLACE

MEET THE TEAMS, AND DISCOVER THE
SERVICES WORKING TO SUPPORT THE
HEALTH AND WELLBEING OF WOMEN IN
YOUR LOCAL COMMUNITY.



ENJOY A TASTER SESSION

RELAXATION

BABY WEARING

INFANT FEEDING ADVICE

HOW TO MANAGE YOUR
MENOPAUSE

EXPLORE BIRTH CHOICES

BABY FIRST AID