



The Hon Ray Williams MP

Member for Castle Hill

Parliamentary Secretary to the Premier and Western Sydney

MEDIA RELEASE

9 September 2020

WOMEN'S HEALTH WEEK: PUTTING WELLBEING FIRST

Member for Castle Hill Ray Williams MP is urging women in Castle Hill to put their health and wellbeing at the top of their to-do list.

"This week is Women's Health Week, which is a timely reminder to the women in our lives to take time out to check in with their health and make some positive changes," said Mr Williams.

"All too often, women put other people's needs ahead of their own. I'm calling on women in Castle Hill to be proactive about looking after themselves. That can mean taking time out to exercise and relax or booking that health check with the local GP."

"Every positive change you make, whether big or small, makes a difference, and I encourage women to access the many services and programs NSW Health offers to get their health back on track."

Minister for Women Bronnie Taylor urged women to be inspired to boost their health.

"COVID-19 has placed untold stress on people's lives and we need to be looking after our mental and physical wellbeing now more than ever," Mrs Taylor said.

"Women's Health Week is the perfect time to consider your overall health and make positive changes which can lead to a longer and more fulfilling life."

Women aged 18-64 should strive for at least 30 minutes of moderate intensity activity five days per week. For those who may need help getting started, NSW Health's Get Healthy offers a free coaching service to help you make healthy lifestyle changes. For more information on free health coaching, visit: www.gethealthynsw.com.au/program/standard-coaching/.

Additionally, NSW Health's Make Healthy Normal campaign focuses on encouraging people to make small, manageable steps that will build up over time and improve a person's health and wellbeing. For more information, visit: www.makehealthynormal.nsw.gov.au.

Women are also being reminded to schedule in their regular health checks, including mammograms. BreastScreen NSW is open and taking bookings and has a range of measures in place to protect against the transmission of COVID-19.



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To book your next breast screen call 13 20 50, or visit:
book.breastscreen.nsw.gov.au.

For more information about Women's Health Week or to find out how you can get involved in some of the activities, visit <https://www.womenshealthweek.com.au/>

MEDIA: June Belkovskis – 02 8882 9555