

VITALITY
CONVERSATIONS
— — —
REGISTRATION
OPEN



IN CONVERSATION WITH

Dr. Effie Parakilas

UNDERSTANDING WOMEN'S HEALTH



An evening of open conversation, practical advice and genuine connection with local GP, Dr. Effie Parakilas. Ask your questions, hear the questions other women are asking, and leave feeling informed and empowered.



LEARN

Receive practical, evidence based advice in a relaxed Q&A



CONNECT

Share meaningful conversation with like-minded women



NOURISH

Enjoy drinks on arrival and a beautiful grazing platter

MEET DR. EFFIE

We're delighted to welcome Dr Effie, a highly respected local GP with a special interest in Women's Health.

Known for her generosity, warmth and evidence-based approach, she's passionate about helping women better understand their health and feel confident navigating the changes that occur throughout life.

PLACES ARE LIMITED

Secure your place today



THURSDAY
30 JULY



5.30PM FOR
6PM START



RAGLAN
GALLERY

\$45
per person

We believe every woman should have access to trusted health information and meaningful connection. If the ticket price is a barrier for you, please reach out to Clare in confidence. We'd love to help you attend.

TO REGISTER OR FIND OUT MORE:

www.veruscoaching.com.au/vitalityconversations
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