

11 August 2026

Popular free community perimenopause and menopause event coming to South West

A panel of female health professionals will unite to improve the lives of women in the South West.

Women's health GP Dr Robyn McIntyre, physiotherapist Nina Angeloni, clinical psychologist Coleen van Wyk and dietitian Kavya Veerasekaran will take part in a free community event on Friday, September 18 at Nelson's of Bridgetown in Bridgetown to discuss perimenopause and menopause.

This welcoming and engaging event, delivered by Rural Health West and supported by the South West Health Professionals Network, will bring together exceptional local experts to share practical, evidence-based information about perimenopause and menopause in a supportive community setting.

Bridgetown's Dr Sarah Youngson will bring her warmth, humour and strong community connection as MC of the event.

"Sarah's facilitation will complement the expertise of an outstanding panel of local women's health professionals, bringing together insights from general practice, physiotherapy, psychology and nutrition to support women through every stage of their perimenopause and menopause journey," Family Program Coordinator Jen Maughan said.

Attendees will walk away with an enhanced awareness of symptoms and real-world management strategies. Perimenopause and menopause myths will also be busted through discussion.

"Last year, these events proved extremely popular. Participants left feeling empowered, informed and more confident to seek the support and treatment options that were right for them," Jen said.

"While many health education events are held in larger regional cities, women living in smaller communities deserve the same access to trusted, evidence-based information and support."

To register for this free event, head here: [Registration - Friday 18 September 2026 | 5.30pm - 9.00pm](#)

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***Rural Health West** aims to improve access to quality healthcare for rural communities through the provision of a highly skilled, motivated and sustainable medical and allied health workforce. We are a not-for-profit organisation primarily funded through the WA Country Health Service and the Australian Government Department of Health, Disability and Ageing.*