

15 September 2026

Do you know more about your phone than menopause? Free Geraldton forum will bust myths and boost confidence

Health practitioners like pelvic health physio Sally McKenzie help women manage perimenopause and menopause symptoms with greater confidence every day.

"Women are often in the dark and don't really understand what's going on," Sally said.

"I think women know more about their mobile phones than they do about their bodies and menopause."

To help increase education and bust the myths around this period of life, Sally and her colleague Bella Hainan will take part in a free community event focused in the Midwest.

"Women often believe that menopause is just all about hot flushes. They don't realise the extent to which menopause or perimenopause can affect all their body systems," she said.

"To be able to help more women feel in control during this season in their life is really important to me."

Delivered by Rural Health West and supported by Midwest-Gascoyne Health Professionals Network, the women-only Community Perimenopause and Menopause Forum will be held on Friday, 23 October 2026 from 5.30pm - 9.00pm at the Batavia Coast Conference Centre.

Sally and Bella will join women's health GP Dr Kylie Hodge, Sexologist Merle Myer and Integrative Medicine Practitioner Ashe Young, as part of an experienced panel.

Rural Health West Family Program Coordinator Jen Maughan said Geraldton was identified as an ideal location to deliver this popular event that attracted more than 100 people in Albany last year.

"We believe women across Geraldton and surrounding communities will strongly benefit from and embrace this opportunity to learn, connect and feel more empowered about their health and wellbeing," Jen said.

“The panel is made up of passionate female Midwest health professionals. Discussion will reflect the experiences, challenges and strengths of women living in the region and include local support pathways and available health services.”

You can register for the event here: <https://ruralhealthwest.eventsair.com/comed-menopause-geraldton26/reg>.

ENDS

Media contact:

Sarah Fittock, Rural Health West, 0414 225 764

***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.*