

We offer you
Information
and advice.

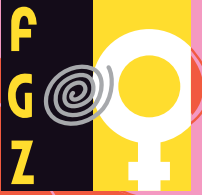
Our specialist areas are:

- Womens' bodies, health and illness
- Medication
- Nutrition
- The German health system
- General medical information
- Movement
- Long term care needs
- Psychological stress

The health advisory service
is A service provided by the
Bochum FrauenGesundheits-
Zentrum.



Englisch



**Health advisory service for
women in Bochum**

FrauenGesundheitsZentrum Bochum
Alsenstraße 27, 44789 Bochum

Telephone: (0234) 333 85 100

Fax: (0234) 333 85 101

E-Mail: fgz.ruhrgebiet@gmx.de

www.fgz.bo-alternativ.net

**I don't feel well.
What can I do?**

Health advisory service
for women in Bochum

Free health consultation
for women by women

Gestaltung: Pauline Denecke, www.paulinedenecke.de

Sponsored by:
Stadt Bochum
Agenda 21-Büro, Bochum

Supported by:
Stadtwerke Bochum GmbH

Does this sound familiar?

- You experience discomfort during your period?
- You have problems sleeping?
- You would like to know more about good nutrition?
- You take medication regularly and are worried about it?
- You would like to know more about your doctor's diagnosis and about different possibilities for treatment?
- You care for relatives and have questions about this?
- You have become used to feeling exhausted or stressed?

The health advisory Service can help you.

We are professional health care workers.

The health advisory service is run by workers from the Bochum FrauenGesundheitsZentrum (FGZ), all of whom have many years experience as doctors, pharmacists, alternative practitioners or psychologists.

We come to you.

We offer you individual or group consultations as well as information sessions in various neighbourhood centres and advisory centres. House calls are also possible.

We advise you free of charge.

We invite women of all ages and ethnic backgrounds to bring us their questions about health and discuss them with us. This offer is free of charge.

You can find us here.

Information sessions and regular Consultation hours in Bochum at:

- HUT, Auf dem Backenberg 15
- IFAK e.V., Engelsburger Straße 168
- Stadtteilzentrum Dahlhausen des IFAK e.V., Am Ruhrort 14
- Stadtteilzentrum Hustadt des IFAK e.V., Hustadtring 55
- Mira e.V., Westring 43
- Nora e.V., Kortumstraße 45
- Frauenhaus e.V.
- Madonna e.V., Gußstahlstraße 33
- Kindergarten Gropiusweg, Gropiusweg 14

If you have questions or would like to arrange a house call, contact us on:
(0234) 333 85 100