

Friday, 4 August 2017

On the Couch...a discussion about sex and ageing

The Illawarra Shoalhaven HIV and related programs (HARP) Unit is hosting its third 'On the Couch' event for the year, with the latest instalment around the theme of sex and ageing.

Illawarra Sexual Health Service Director, Clinical Associate Professor Katherine Brown said the series of free workshops aim to provide a safe space for audience members to engage with a panel of guest speakers on a range of topics.

"On the Couch is about providing an opportunity for people to come and ask questions in a safe and comfortable environment," Clinical Associate Professor Brown said.

"Sex and ageing is an important topic and the workshop will include discussion on things such as performance enhancing medication, online dating sites and Sexually Transmissible Infections (STIs)," she said.

Facilitated by a host, the panel includes representatives from the University of NSW and IRT, together with community members. Delivered as an intimate conversation in the round, On the Couch is a space where the audience and panel experiences all contribute to a meaningful conversation.

"The myth still exists that people are not having sex in their later years, and an older population, not necessarily accustomed to talking about sex and sexuality openly, have few opportunities to share their experiences and feelings on the issue.

"On the Couch - Sex and Ageing aims to change that by providing a safe space where audience members can talk frankly and respectfully about aspects of sex and sexuality," Clinical Associate Professor Katherine Brown said.

Spaces are limited and those wishing to join in for this important conversation should book online quickly.

On the Couch - Sex and Ageing is a free event and will be held at the Nan Tien Institute, 239 Nolan Street, Unanderra on Thursday, 24 August from 1pm - 2pm. Bookings are essential and places are limited. Visit eventbrite.com and search for 'On the couch sex and ageing' or access the [link here](#).

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