



Upd@te Me

*Sexual health and relationship information for
the over 40s looking for (or in)
a new relationship.*

Are you 40+, heterosexual and getting back into
dating and relationships?

Maybe your marriage or long-term relationship
has ended, or maybe you've been single for
some time. Whatever your situation, if you find
yourself back in the dating game you may need
an Upd@te.

32-page pamphlet-size booklet

See below for ordering details

Post or Fax to: **Family Planning**

PO Box 11-515, Wellington

Fax 04 382 8356

www.familyplanning.org.nz

- Please send me one copy of "Update Me" at no charge
- Please send me(2-75) copies of "Update Me" at \$12.50 post & packaging
- Please send me(76-150) copies of "Update Me" at \$20.00 post & packaging
- I would like to make a donation of \$..... Date:.....
- I enclose a cheque for \$..... or Please invoice me
- Organisation.....Contact Name.....
- Street Address.....
- Phone.....Fax.....Email.....ORDER #.....
- How do I become a member of Family Planning? (Please provide postal address if different from above)
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- Please email me with any information on other resources which may be relevant to me