

## Transcript #1

LINK TO PTC #1: duration – 00.43 seconds

<https://app.frame.io/reviews/5a237345-3592-41ba-8257-1ce86f19809a/79b316d8-3702-4891-b069-25084648718a?version=63ec12b4-3969-4de4-bc48-6804afa1e19e>

### Kiera Austin, 28

Professional netballer championing women's health, PMS & period wellbeing & performance on & off court, **MELBOURNE**

**00:00:01:10 - 00:00:07:21**

Hi, my name is Kiera Austin. I am a professional netballer with the Melbourne Vixens and the Australian Diamonds.

**00:00:07:21 – 00:00:12:21**

I'm really proud to support Hey Sister! Khapregesic pain killer-free medication.

**00:00:12:21 – 00:00:25:22**

I think having young women and girls feeling empowered to talk about their period health is the new way forward, and having it backed by clinical trial results is also very important.

**00:00:25:22- 00:00:38:22**

I love that it is HASTA Certified as well. That gives me real peace of mind as an athlete, and hopefully, by continuing these conversations, the stigma around period pain and period relief can continue.

**ends#**