



WELL AGEING
info hub

INFORMATION SESSIONS 2020

FEB 18 Importance of exercise
Staying healthy and preventing falls

MAR 17 Hearing Australia
Free hearing check available

APR 14 Dementia Australia
Understand more and know the facts

MAY 12 Mental Health
Caring for yourself and others

JUN 23 Seniors Rights Victoria
Preventing elder abuse

Uniting Church Hall, 10 Rowan St, Wangaratta
2.00pm followed by afternoon tea

Bookings & Enquiries

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