

Stay Strong LIVE LONG

EDUCATIONAL SEMINAR

WEDNESDAY
26 MARCH
1pm - 2pm

Be enlightened at this forward-focused seminar where you'll learn plenty of take-home tips to:

- ✦ Maintain independence
- ✦ Understand the importance of falls prevention
- ✦ Reduce your risk of falling
- ✦ Maximise your exercise and nutrition

LOCATION: Lawson 1 - Revesby Workers' Club

PRESENTER: Carissa (Assistant Manager)

COST: \$5 - donated to Melanoma Institute Australia

RSVP: Health Mates reception

