

MENTAL HEALTH & WELLBEING INFORMATION SESSION

Are you over 65?



If you are over 65 and interested in Mental Health and Wellbeing then join us for a free presentation on ... 'What is Good Mental Health?' This will be followed by a Salsa for Seniors Dance Workshop.

When

Wednesday
3 October 2018
10:45 am for 11:00 am start

Where

Canterbury City Community Centre
130 Railway Parade
Lakemba NSW 2195

Morning tea and lunch provided.



Older People's Mental Health, Community Mental Health

For bookings and enquires call Alison on 9750 9344

