

SEVACARE FOR SENIORS

(www.sevainternational.org)

SEVA is pleased to invite you to an information session on healthcare and social security benefits for seniors

Date : Wednesday, 5th September 2007

Time : 9:15 am to 12:15 pm

Agenda :

- ***Session 1: Social security entitlements for Seniors***
Objective: To inform participants of the forthcoming changes to asset and pension rules .
Presenter: John Graham – Centrelink, Hornsby

- ***Session 2: Healthy living habits for Seniors***
Objective: To advise participants of the importance of developing healthy bladder control habits.
Presenter: Michelle Wreyford - Northern Sydney Central Coast Area Health Services

- ***Session 3: “Mind your mind”***
Objective: Seven sign posts that may reduce the risk of developing Dementia.
Presenter: Anne Tunks - Alzheimer's Australia NSW Inc.

*Venue : Epping Leisure & Recreational Centre (50 +)
1 Chambers Court (Off Pembroke St) Epping
(near Epping Library-close to Epping Railway Station)*

RSVP: by Tuesday, 28th August 2007

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