

Healthy Ageing Information Session

An online information session organised by St George Chinese Services Network to increase the awareness of Chinese seniors about healthy lifestyle.

Topics:

- Scam awareness
- Get Healthy Service Chinese
- How to access healthcare in Australia
- How to access aged care services
- Gentle exercise – Tai Chi



+ Lucky
draw

Date: Tuesday, 20 October 2020

Time: 10:00 am – 12:00 noon

Language: Mandarin or English with Mandarin interpretation

Fee: Free

Bookings are essential, please register online:

<https://forms.gle/j1AtqhjgCLcgkZHG6>



Enquiry: Advance Diversity Services 9597 5455; or

Email: kimc@advancediversity.org.au

ST GEORGE CHINESE SERVICES NETWORK *CSN*

健康养老讲座

为增加华裔长者对健康生活方式的认识，
圣佐治华人服务网络线上举办资讯讲座。

内容涵盖：

- 预防诈骗意识
- 健康信息及指导服务
- 如何获得医疗服务
- 如何获得老年护理服务
- 柔和运动 - 太极

附设
幸运抽奖

日期：2020年10月20日(星期二)

时间：早上10:00至中午12:00

语言：普通话或英语附以普通话翻译

费用：免费

名额有限，先到先得，请务必上网注册留位！

<https://forms.gle/j1AtqhjgCLcgkZHG6>



查询：Advance Diversity Services 9597 5455; 或

电邮：kimc@advancediversity.org.au

ST GEORGE CHINESE SERVICES NETWORK CSN