



OLDER & WISER



In partnership, Richmond Community Services Inc and Hawkesbury District Health present another series of

8 FREE morning and afternoon teas

presented by psychologist Kylie Wells further exploring the joys and challenges of getting older.

You can book in for some - or all - of these!

For those 60 years and over



WHEN:

DETAILS:

Wednesday
22nd February
9.30 – 11.30am

Common Experiences of Ageing
Looking at challenges that occur as we age such as health, relationships, lifestyle.

Wednesday
29th February
9.30- 11.30am

Ways to Keep the Mind Sharp
Tools to increase and maintain memory.

Wednesday
7th March
9.30-11.30am

Beating Senior Blues & Worries
Looking at emotions like sadness, depression and anxiety

Wednesday
14th March
9.30-11.30am

Stress Management
Practical strategies for coping with stress and challenges faced as we age.

Wednesday
9th May
1 – 3pm

Diet, Eating Well & Falls Prevention
Learning ways to stay physically healthy and preventing falls in order to maintain your independence

Wednesday
16th May
1 – 3pm

Sleeping Well

Practical ways forward to getting a good night's sleep.

Wednesday
23rd May
1 – 3pm

Growing New & Lasting Relationships
Maintaining positive relationships, making new ones, dealing with the difficult ones..

Wednesday
30th May
1 – 3pm

Making Connections & Looking Ahead
Supports, services, social opportunities, making and maintaining sustainable relationship

WHERE: Richmond Neighbourhood Centre

20 West Market Street, Richmond, NSW

BOOKING ESSENTIAL!

TO BOOK CALL: 4588 3555

OR E-MAIL admin@rcsi.ngo.org.au

