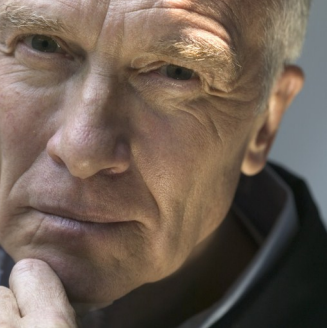




OLDER & WISER COURSE



Working in partnership, Richmond Community Services Inc and Hawkesbury District Health Service are pleased to offer:



A FREE 6 WEEK COURSE HELP WITH ANXIETY & WORRIES— FOR THOSE OVER 60

On Fridays:
20th & 27th July, 3rd, 10th, 17th & 24th
August
2—4pm
WITH FREE AFTERNOON TEA!

Overcoming your fears and worries so
that they are not controlling your
lifestyle.

Presented by psychologist Kylie Wells who has worked for
a number of years helping people deal with fears and
anxiety.

WHERE: Richmond Neighbourhood Centre, 20 West
Market Street, Richmond,
BOOKING ESSENTIAL!
TO BOOK CALL: 4588 3555
OR E-MAIL admin@rcsi.ngo.org.au



HAWKESBURY DISTRICT HEALTH SERVICE
HAWKESBURY PRIVATE HOSPITAL
catholic healthcare