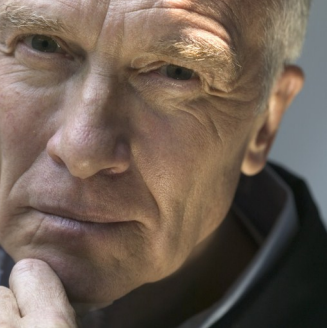




OLDER & WISER COURSE



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



A FREE 6 WEEK COURSE SENIOR DEPRESSION FOR THOSE OVER 60



On Wednesdays:
17th, 24th & 31st October, 14th, 21st &
28th November
9.30-11.30am



WITH FREE MORNING TEA!

Depression can be an increasingly significant challenge as we get older. It can have an enormous impact on our quality of life, our health, our relationships. This 6 week course will give some practical help with ways to beat the blues.



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

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