



# OLDER, WISER & WELL CONNECTED

Richmond Community Services Inc in partnership with  
Windsor Professional Centre are pleased to offer

**A FREE fortnightly 3-session ongoing course**

exploring the joys and challenges of getting older.

For those 60 years and over

This ongoing group will include

- Looking at challenges that occur as we age such as health, relationships, lifestyle
- Tools to increase and maintain memory
- Exploring emotions like sadness, depression and anxiety
- Looking at the loss of relationships, health and family connections
- Dealing with loneliness
- Maintaining positive relationships, dealing with the difficult ones
- Making new and maintaining sustainable relationships
- The importance of social connection

**WHEN:** 3 x Mondays **fortnightly**

18<sup>th</sup> October, 1<sup>st</sup> & 15<sup>th</sup> November 2021

**TIMES:** 10am – 12.30pm

**WHERE:** Richmond Neighbourhood Centre  
20 West Market Street, Richmond, NSW

**EARLY BOOKING ESSENTIAL!**

**TO BOOK CALL: 4588 3502**

**OR E-MAIL [admin@rcsi.ngo](mailto:admin@rcsi.ngo)**



WINDSOR  
PROFESSIONAL CENTRE

*...making a difference...*

