

VETERANS' HEALTH WEEK

Social Connection – *participate connect influence*



In association with Vasey RSL Care

Program: Cheltenham ILUs

Mon 24 Oct

Food 1

10am to 1pm



Food 2

1.30 to 4.30pm



Tues 25 Oct

Health

2 to 5pm



Wed 26 Oct

Relax

1.30 to 4.30pm



Thurs 27 Oct

Tech

1.30 to 4pm



Fri 28 Oct

Create

10am to 1pm



Chill

4 to 7pm



Note

All sessions are completely FREE for members of the Ex-Service Community - veterans and war widows.

* Some sessions have limited places, available on a first-come-first-served basis and/or numbers are required for catering purposes.

Please use the booking form enclosed to reserve your place.



VETERANS' HEALTH WEEK

Health

Australian Hearing



Australian Hearing will provide a general hearing info session: find out what's new, what products are around, and how to look after your hearing.

The talk will be followed by individual 15 minute appointments for a hearing test or a hearing aid check and clean.

Note: bookings required for tests.*

Get Moving, Keep Moving



Health in Balance are Accredited Exercise Physiologists who will teach you how to maintain and improve your physical strength, balance and muscle condition. They will speak to you about how to incorporate simple exercises into your life to improve existing conditions, eg arthritis, osteoporosis, heart disease, diabetes, respiratory conditions, and improve your overall wellbeing. Includes handouts.

Health Checkup



The **Vasey RSL Home Care Team** will provide an overview of the extensive options available to support you to live at home; how to maximise DVA services, and the differences technology can make in monitoring and maximising your health from home.

Individual blood pressure and health checkups available.

Note: bookings required for individual appointments.*

Good Food



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Food 1

practical session with plenty of chance to try new foods and flavours and a great opportunity to find out more about food and nutrition.

Presented by **Leading Nutrition** will give you learn about balancing meals and eating well, all on a budget.

Note: max 20 - please register to ensure your spot.*

Healthy, Delicious, Easy Meals



A practical session with meal-making demonstrations, opportunities to try and taste, and meal planning.

Led by **Leading Nutrition**, this session will give you inspiration to try new things and share your knowledge with others in the group.

Note: max 20 - please register to ensure your spot.*

Food 2

Relax

Smilier & Happier

Dr. Ian Kouzmenko will teach effective techniques for:
- releasing residual tension around neck, shoulders, back, hips and knees.
- improving your body's ability to heal
- increasing strength and flexibility
- improving digestion
- tai chi, yoga and meditation.

Note: max 20 - please register to ensure your spot.*

Get More from your iPad & iPhone



Do you get stuck with using your iPad or iPhone? Do you wish you could have a video call with your grandkids? Or do you want to use Facebook to keep up with family/friends interstate?

David Cundy will help you get to know your technology better, talk about useful apps and share his knowledge.

Note: max 15 - please register to ensure your spot.*

Tech

Create

Workshop

Provided through creating your own masterpiece in this seated activity that suits anyone. WeTeachMe's experienced artists host the event, with one providing step-by-step instruction from the start while the other mingles to ensure you get the most from the experience.

All equipment provided.

Note: max 15 - please register to ensure your spot.*

The Spooky Duo: Band & Barbie



Enjoy a casual, friendly barbecue and live band!

The Spooky Duo will be playing a mix of songs from the 60's right through to today.

NB BYO drinks.

Note: no limits on numbers, but please register so we can cater for you!*

Chill

Completely FREE for members of the Vasey RSL Community - veterans and war widows.

Limited places, available on a first-come, first-served basis, and/or numbers are required for some events.

Registration form enclosed to register!



VASEY RSL
CARE

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About the Providers:



Leading Nutrition is the largest group of dietitians in Australia, committed to working towards better nutrition for older Australians.

Emma specialises in talking to community groups, and is passionate about sharing scientifically-proven, practical nutrition information.



Australian Hearing is the nation's leading hearing specialist and largest provider of Government funded hearing services. They were established by the Australian Government in 1947 to provide hearing services to children affected by rubella and veterans with hearing damage from WWII.



Health in Balance Exercise Physiology specialises in tailored, evidence-based exercise programs & education for older adults. With backgrounds in exercise science & rehabilitation, their accredited exercise physiologists understand that each person has different goals, conditions, and physical functionality.



The **Vasey RSL Care Home Care Team** provides care, services and advice, so you can live at home in your local community with confidence. Care advisers spend time with you and your family to understand what is important to ensure you get the care and support that best suits you.



Roman Kouzmenko is a registered senior yoga teacher and member of Yoga Australia. He has more than 15 years teaching experience in Tai Chi, Qi Gong, Yoga and meditation in Australia, Asia and Europe. His style of teaching is joyful and informative, focusing on the health benefits of physical movement and meditation.



David Cundy is multi-talented, combining a successful IT support practice with a part time role as organist and music director in the Anglican Church. He is easy going, helpful and knowledgeable. He will leave you feeling much more confident with your technology.



WeTeachMe offers a vast range of creative activities, with teachers available to run workshops in anything from paper marbling to dance choreography, and from drumming to making espressos. Their teachers will ensure that everyone discovers their creative side.



The Spooky Duo is a delightfully entertaining acoustic band with a wide range of genres including soft rock, jazz, rhythm/blues, soul and more. David and Marilyn are long time musos, each bringing different talents to the duo.