

VETERANS' HEALTH WEEK

Social Connection ~ *participate connect influence*



In association with Vasey RSL Care

Program: Geelong ILUs

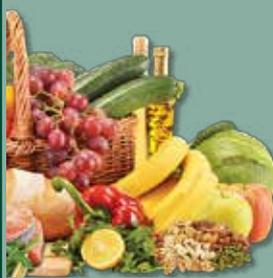
Mon 24 Oct
Tech
1.30 to 4pm



Tues 25 Oct
Chill
4 to 7pm



Wed 26 Oct
Food 1
10am to 1pm



Food 2
1.30 to 4.30pm



Thurs 27 Oct
Health
1.30 to 3.30pm



Friday 28 Oct
Relax
1.30 to 4pm



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.


VASEY RSL
CARE



VETERANS' HEALTH WEEK

Get More from your



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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.*

Good Food



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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.*

Feel Stronger, Heal



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Note:

Due to the renovations at the village, details on the exact locations for the events are still being finalised. Please follow directions at the village.

iPad & iPhone

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

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

max 12 - please register to ensure your spot.*

Tech

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

Food 1

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

Experts from **Leading Nutrition** will help you learn about balancing meals and eating well, all on a budget.

Note: max 12 - 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 12 - please register to ensure your spot.*

Food 2

Healthier & Happier

Learn about tai chi, yoga and meditation to reduce stress, ease tension in your neck, shoulders, hips and knees, improve your posture, strength and flexibility.

Ara Pearce will lead tai chi, and **Debbie Rooney** will lead a session of yoga, finishing with meditation.

Note: max 10 - please register to ensure your spot.*

Relax

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Please use the booking form enclosed to register now!



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About the Providers:



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.



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.



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.



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.



The Tai Chi session will be led by **Sandra Pearce** from Lilac Moon Tai Chi, a teacher with many years experience.



The Yoga and meditation will be led by **Pauline Rooney** from Innercor: Pauline is experienced in helping reduce pain and discomfort with easy-to-follow techniques in a fun and enjoyable atmosphere.

