

# VETERANS' HEALTH WEEK

Social Connection – participate connect influence



## Registration Form: ANZAC Day Therapy Centre

All events will be held at the ANZAC Day Therapy Centre, 21 Downes Ave, Brighton 3186.

Name		Phone	
Address			
Email			

Please tick all sessions you wish to attend. Note: there is no cost - these are all completely free and you are welcome to attend as many as you like. Please feel free to pass this information on to other veterans and war widows.

Date	Time	Session	What to bring	Tick to register
Mon 24 Oct	10 to 11.30am	Tai Chi, Yoga & Meditation	Bring a water bottle; wear comfortable clothing and flat soled shoes.	
Tues 25 Oct	1 to 3pm	Get More from your iPad & iPhone	Bring your iPad and/or iPhone (fully charged).	
Wed 26 Oct	10am to 12pm	Australian Hearing	Bring any hearing aids you currently use	
		<i>Individual appointment?</i>	<i>(Yes/No)</i>	
		Get Moving, Keep Moving	Wear comfortable clothing and flat soled shoes	
		Health Checkup	Wear clothing with loose-fitting sleeves if possible	
		<i>Individual appointment?</i>	<i>(Yes/No)</i>	
Thurs 27 Oct	1.15 to 2.45pm	'Spooky Duo' - live band & barbecue	BYO drinks (barbecue provided)	
Fri 28 Oct	10am to 12pm	Good Food	Notebook/pen to make notes.	
Fri 28 Oct	1 to 3.30pm	Healthy, Delicious, Easy Meals	Any recipes that you would like to share. Bring a notebook and pen to make notes.	

### Questions?

If you have any questions about these events, please contact Central Office on 9810 5500.

**Note:** some sessions have participant limits and will be available on a first-come-first-served basis. So please don't delay!

### Register Now!

**Please return your form in the envelope provided or call 9810 5500 to register by phone.**