

# VETERANS' HEALTH WEEK

Social Connection – participate connect influence



## Registration Form: Frankston ILUs

All events will be held in the Community Hall, RSL Park, 85 Overport Road, Frankston South 3199.

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	4 to 7pm	'Spooky Duo' - live band & barbecue	BYO drinks (barbecue provided)	
Tues 25 Oct	10am to 1pm	Good Food	Notebook/pen to make notes.	
Tues 25 Oct	1.30 to 4.30pm	Healthy, Delicious, Easy Meals	Any recipes that you would like to share. Bring a notebook and pen to make notes.	
Wed 26 Oct	2-5pm	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	1.30 to 4.30pm	Tai Chi, Yoga & Meditation	Bring a water bottle; wear comfortable clothing and flat soled shoes	
Fri 28 Oct	10am to 1pm	Terrarium Workshop	Wear clothing that you don't mind getting dirty or bring an apron/overall to protect clothing	
Fri 28 Oct	1.30 to 4pm	Get More from your iPad & iPhone	Bring your iPad and/or iPhone (fully charged)	

**Questions?** If you have any questions about these events, please speak to Sandra Elliott, 9 Sage Drive, or call her on 0429 305 008, or 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 form in the envelope provided or call 03 9810 5500 to register by phone.**