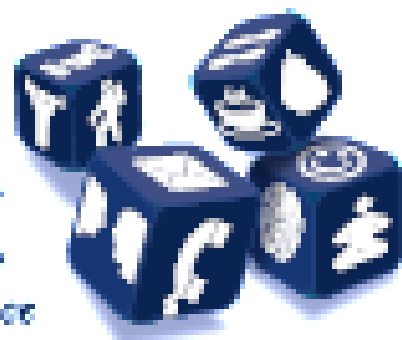


VETERANS' HEALTH WEEK

Social Connection - participate connect influence



Registration Form: Geelong ILUs

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.

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	1.30 to 4pm	Get More from your iPad & iPhone	Bring your iPad and/or iPhone (fully charged)	
Tues 25 Oct	4 to 7pm	'Spooky Rocks' - live band & barbecue	BYO drinks	
Wed 26 Oct	10am to 1pm	Good Food	Notebook/pen to make notes	
Wed 26 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.	
Thurs 27 Oct	1.30 to 4.30pm	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>	
Fri 28 Oct	1.30 to 4pm	Tai Chi, Yoga & Meditation	Bring a water bottle; wear comfortable clothing and flat soled shoes	

Questions?

If you have any questions about these events, please call Central Office on 03 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.