

VETERANS' HEALTH WEEK

Social Connection – *participate connect influence*



Registration Form: Hawthorn ILUs

Sessions will be held in the Community Hall at 14-18 Manningree Road, Hawthorn 3122.

Name	
Unit No.	
Phone No.	
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
Tues 25 Oct	10am to 1pm	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>	
Tues 25 Oct	1.30 to 4.30pm	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 Vasey RSL Care Central Office on 9810 5500.

Register Now!

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