

WEEK 1

16 January 2020

Goal Setting and Connecting

This session will focus on setting some goals in your personal life as well as discussing what sort of community connections you would like to make.

WEEK 3

30 January 2020

Exercises Regimes & Holistic Wellbeing

A guest speaker from Primary Care Connect will come along and talk about exercise regimes and holistic wellbeing.

Guest Presenter

Gail Primary Care Connect

WEEK 5

13 February 2020

Outback QLD

Today we will have a speaker come along and discuss their outback Queensland trip.

Guest Speaker
Mheg

WEEK 2

23 January 2020

Wendy Lovell

Wendy will come along and have a chat about her role in the Shepparton area. She will also answer any questions you have.

Guest Speaker
Wendy Lovell

WEEK 4

6 February 2020

Growing up in India

Join us for a talk about what it was like to grow up in India and about moving to Australia.

Guest Speaker
Ramesh Dhanala

WEEK 6

20 February 2020

Mystery Bus Trip

This session will commence early with a bus leaving the centre at 10am and returning by 3pm. Please make sure you book for this trip as places are limited.

MYSTERY DAY TRIP ?

WEEK 7

27 February 2020

Life and Times of Yvonne Devanny

Yvonne Devanny will come along and talk with us about her life and life experiences.

Guest Speaker
Yvonne Devanny

WEEK 9

12 March 2020

Mayor Seema Abdullah

Mayor Seema Abdullah will come along to discuss with us your local community and her role as Mayor.

Guest Speaker
Mayor Seema Abdullah

WEEK 8

5 March 2020

Coeliac Information

A guest speaker will talk with us about Coeliac Disease, what it is and how it affects everyday life.

Guest Speaker
Sharon

WEEK 10

19 March 2020

Walk & Picnic

Today's session will take place at the beautiful Victoria Park Lake. Join us for a nice walk around the lake followed by a BYO picnic lunch.



HEALTHY CONNECTIONS



10 Week Program

Commencing 16 January 2020

Thursdays 12.00pm to 2.00pm

(Bring your own lunch)

\$5 per session

South Shepparton Community Centre
11 Service Street, Shepparton
Phone (03) 5821 6172

