

WEEK 7

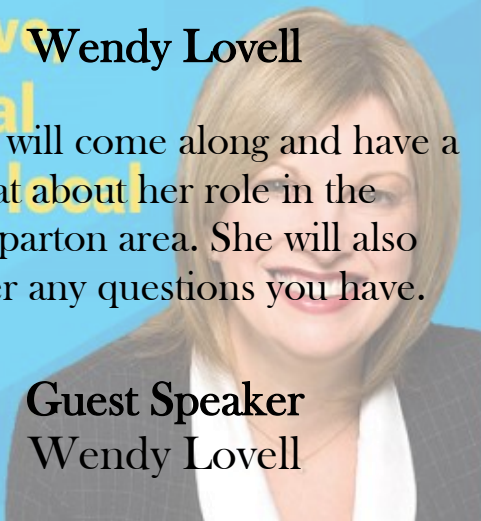
21 November 2019

Active
vocal
and local

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 9

5 December 2019

Healthy Christmas Eating

A guest speaker will come along and help show us how to enjoy Christmas without the extra calories.

Guest Presenter
Primary Care Connect



South Shepparton
Community Centre Inc

**HEALTHY
CONNECTIONS**



10 Week Program

Commencing 10 October 2019

Thursdays 12.00pm to 2.00pm

\$2 per session

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



A0007711X

WEEK 8

28 November 2019

Home
Fire
Safety

CFA

A guest speaker from the CFA will come along and discuss summer fire safety and what it means for you.

Guest Speaker
CFA



WEEK 10

12 December 2019

Car Pool

For today's session we will car pool and go to Rushworth where we will have a picnic. This session will commence earlier and you will need to book in through the centre so transport for all can be arranged.



WEEK 1

10 October 2019

Stroke Session

Information about what signs to look for if you think someone is having a stroke and how you can help them.

Guest Presenter
Stroke Foundation

WEEK 3

24 October 2019

Home Safety & Scam Prevention

A guest speaker from Victoria Police will come along and discuss all the things you need to know about scam prevention and home safety.

Guest Presenter
Victoria Police

WEEK 5

7 November 2019

Oaks & Technology Day

Come along and celebrate Oaks day and then have any of your technology, how to questions answered.

OAKS DAY
THURSDAY 7TH NOVEMBER 2019

WEEK 2

17 October 2019

Merritt Funeral Services

Today's session we will go to Merritt Funeral Services to discuss all things related to funeral services.


MERRITT
FUNERAL SERVICES

WEEK 4

31 October 2019

Picnic and Walk

Join us for a lovely stroll around the Shepparton Lake. After our walk we will sit and enjoy a picnic lunch at the Lake.



WEEK 6

14 November 2019

Riverlinks Tour

Today we will go to Riverlinks and have a tour of their premises and then have some lunch at their café.

RIVERLINKS
EASTBANK