

Wellness Toolkit Program

for Commonwealth Home
Support Programme clients
**Learn how to boost strength and vitality for a
healthy, active and engaged lifestyle.**

There are no out-of-pocket charges to attend, and refreshments will be provided. Contact My Aged Care on 1800 200 422 to get a referral code for Allied Health to attend, then contact us on 1300 444 663 to book your place.

**When: 10:30am
to 12:00pm every
Monday for four
weeks, starting
Monday 9 November**

**Where: Parafield
Gardens Recreation
Centre, corner of
Kings Road and
Martins Road,
Parafield Gardens**



Helping Hand
new aged care