

**FREE
EVENT**

Thriving, Connecting and Ageing

Let's Talk About It



**Wednesday
23 October
10am –1pm**

The Juniors
558A Anzac Parade
Kingsford



**SCAN QR CODE
OR VISIT THE
LINK BELOW TO
BOOK A SPOT**
Registration required
for catering purposes

OPMH2024.eventbrite.com.au

MORE INFORMATION

acpforum@health.nsw.gov.au
or call 9382 3759

**Join this forum for older people.
Hear from healthy ageing experts.**

Opening address

**Dr Greg Levenston, SESLHD Board
and the Mayor of Randwick.**

Guest speakers

Dr Lindsay Wu
What helps positive ageing and what you can do about it.

Professor Viviana Wuthrich

Worried? Low mood? Practical strategies for you.

In conversation with **Robina Beard** –
The benefits in engaging with community services.

Performance by the Coast Centre dancers

Melissa Levi

Balancing self-care and caregiving in later life.

Scientia Professor Henry Brodaty

Connecting for healthier ageing – why and how.

An initiative of Eastern Suburbs Older Persons Mental Health Service, Prince of Wales Hospital and Randwick City Council.

