



SFOS

Strengthening for over 60s invites you and your peers for an afternoon of education and connecting over a cup of tea.

HEALTHY AGEING SEMINAR

Our guest speakers at this inaugural seminar are:

- **Community Pharmacist, Elsie Bennett** on medication and exercise
- **Strengthening for over 60s Program Manager, Kamilla Haufort** on optimal strength and balance for good function.
- **Nutritionist, Tegan Fahey** on nutrition to support healthy ageing.

14th Nov 2024

2pm - 3.30pm

St George Hospital Research & Education Centre

A: 4-10 South street, Kogarah

RSVP: seslhd-strength@health.nsw.gov.au

