



**HEALTHY
AGEING
SEMINAR**

LET'S CHAT ABOUT... HELP FRIENDS & FAMILY TO MAINTAIN INDEPENDENCE

Join us for a relaxed presentation from a representative of Carer Gateway on what support and assistance is available for carers to promote wellbeing.

Monday 17 February | 10.30am to midday
Engadine Library | Bookings essential



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**HEALTHY
AGEING
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