

健康养老讲座

为增加华裔长者对健康生活方式的认识，
圣佐治华人服务网络线上举办资讯讲座。

内容涵盖：

- 预防诈骗意识
- 健康信息及指导服务
- 如何获得医疗服务
- 如何获得老年护理服务
- 柔和运动 - 太极

附设
幸运抽奖

日期：2020年10月20日(星期二)

时间：早上10:00至中午12:00

语言：普通话或英语附以普通话翻译

费用：免费

名额有限，先到先得，请务必上网注册留位！

<https://forms.gle/j1AtqhjgCLcgkZHG6>



查询：Advance Diversity Services 9597 5455; 或

电邮：kimc@advancediversity.org.au


ST GEORGE CHINESE SERVICES NETWORK CSN

Healthy Ageing Information Session

An online information session organised by St George Chinese Services Network to increase the awareness of Chinese seniors about healthy lifestyle.

Topics:

- Scam awareness
- Get Healthy Service Chinese
- How to access healthcare in Australia
- How to access aged care services
- Gentle exercise – Tai Chi



+ Lucky draw

Date: Tuesday, 20 October 2020

Time: 10:00 am – 12:00 noon

Language: Mandarin or English with Mandarin interpretation

Fee: Free

Bookings are essential, please register online:

<https://forms.gle/j1AtqhjgCLcgkZHG6>



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ST GEORGE CHINESE SERVICES NETWORK *CSN*