

Do you want to know more about:

- ❖ Preventing & Managing Chronic Conditions
 - ❖ Understanding the health system
 - ❖ How to look after your Mental Health

Come to a FREE health education sessions

你想知道要了解更多：

- ❖ 如何預防和管理慢性病
- ❖ 瞭解健康衛生系統
- ❖ 如何照顧你的心理健康

欢迎你參加免費健康教育講座

日期：2023年5月18日，星期四，

時間：上午10:30至下午12:30

地點：貢加林圖書館，閒逛室

費用：免費

登記：短信或致電 0418 966 422。

本次講座歡迎女性同男性參與者

由於座位有限，必須喺2023年5月15日
星期一之前回復

會議結束後，提供茶點

欲了解更多信息，請致電或發短信
0418 966 422

Date: Thursday 18th May, 2023,

Time: 10:30 am to 12:30pm

Location: Gungahlin Library,
Hang Out Space (behind the reception)

Cost: Free

RSVP: text or call 0481 966 422. This session is welcomed female and male participants.

Due to seats are limited, RSVP Must by Wednesday 15th April 2023.

Light refreshment is provided after the session.

'This session will be delivered by health educators from Women's Health Matters (WHM)''



Support Asian Women's Friendship Association
Inc (SAWs)
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women's
health
matters!



<https://www.sawsfriendship.org.au>