



Term 4
10 October-21 December 2005

Thursday
9:30am- 12:30pm



Chinese Older Women's Group

McBurney Rd, Cabramatta 2166
(near Corner Railway Parade,
behind PCYC, front entrance
faces Cabra-Vale Park)

Phone: 02 9726 1016
Fax: 02 9728 7312
Email: iwhscabramatta@optusnet.com.au

If you would like to meet other women who speak the same language (Cantonese) to share your well-being and other concerns, you should join our Thursday group. With our activities you will feel healthier, happier, and younger. On the day, you will also receive important information related to your benefit and health issues.

Our activities includes:

- Health information: diabetes, hearing aid, food handling and hygiene, etc
- Useful information: pension benefits, age care, etc
- Singing
- Birthday celebration
- Healthy eating