

JOIN NOW

HEALTHY, WEALTHY & WISE WORKSHOP

19 April

- Seniors Legal & Support Service is a community service providing free and confidential legal advice and counselling support for seniors 60 years+ in the Fraser Coast community.
Got questions about your legal rights? Then this is the day for you. The ladies for SLSS are here to help.
- Nurses Navigator work with clients and their carers to help understand and manage health care needs and empower them to make informed decisions on their health. They connect you to resources and provide information.



3 May

- Uniting Care Facilitators help support you with your finances. It's an interactive day which provides you with a real connection to your financial space as a starting point. They will give you the **tools to help you take control of your budget and finances.** Ask anything you like - they're here to help.



17 May

- Q Health will be here to provide support and education on a range of topics for women. A Clinical Nurse will talk in more detail and **answer any questions you have on Women's Health**, including nutrition, weight and stress management, cervical screening, breast care, sexual health screening and menopause.
Got a question? This is the perfect chance to ask.



31 May

- Reconciliation Day - **Connecting Cultures**
Strengthening relationships between indigenous and non-indigenous people through yarns, Q&A and local information.



WEDNESDAYS -
19 April & 3rd, 17th, 31st
May



8 Truro St, Torquay



Free for all



Wide Bay Women's Health Centre Inc.