

Tingha LADIES HEALTH DAY

GUEST PRESENTERS:

Anna Hicks, HealthWISE Dietitian: How Foods work in our body + Cooking demonstration.

Megan Mc Spedden, HealthWISE Mental Health Clinician: Looking after yourself for good mental health.

Rhonda Cox, Inverell HNE Health Diabetic Educator: Understanding Diabetes.

Women's health information, and lots more!

FREE: Have photo taken of you & your friends by HealthWISE Indigenous Mental Health Care Co-ordinator Michael Bradley.

Morning tea and lunch provided

FREE EVENT

RSVP Chris Connor:
6721 4117

Geraldine Campbell:
0427 406 370

WEDNESDAY, 27 MARCH
Tingha Town Hall
10am-2pm

All welcome