



Keeping You In Touch With the News

WHAT'S ON

First Response Family Forum

- ❖ Talk briefly about your family issue
- ❖ Get some facts about alcohol and other drugs
- ❖ Information on the dual impact of substance use and mental health
- ❖ Information and referral options

Thursday 21st October

1.00-3.00pm

Mulgrave Neighbourhood House

36 Mackie Rd, Mulgrave

Better Health Self Management Course

Ideal for any one who had a chronic health condition i.e. diabetes, arthritis, heart disease, chronic pain:

- ❖ Develop strategies to manage symptoms.
- ❖ Learn how to make action plans.
- ❖ Find out ways to navigate the health system. Plus lots more.....

Mulgrave Neighbourhood House

Dates - Six weeks from 7th

October

Cost - \$60 for 6 week course including text book

Contact - Margaret Ricardo 9564 6182

Dads on Deck

Professionals will talk about the expected and unexpected challenges and joys of being a father.

Gold coin donation. Dads only, no children please.

Saturday 16th October

9.15am-1pm

MARC, 626 Waverley Rd, Glen Waverley

To register, call 9518 3662

New Strength Training Model

The new strength training model is starting from the first week of October.

Step 1. Induction

Wednesday 6th 2-4pm

Step 2. Introductory Program, Mon and Wednesday afternoons for 7weeks)

Step 3. Choice of :

- ❖ MonashLink program run by an AHA and a MARC fitness instructor, or
- ❖ MARC program or
- ❖ A combination of both.

Fees remain \$5 for all classes.

Booking are taken through Service Coordination

Feet First

This is a practical session about general foot care, including tips on footwear, appropriate toenail cutting and prevention of common foot problems

Date: 27th October

Time: 1.30pm

Venue: MonashLink, Clayton

