

Date:
15 March 2012
Thursday

Time: 3pm - 5pm

Where: MCCGC
Wellness Centre
1 Dominions
Rd Ashmore

Please ring us early
for booking

5527 8011

as limited seats
available



Guest speaker
Dr Mariusz Zielinski

Health & Wellbeing session for Seniors with Dr Mariusz Zielinski



Good health is important at any age but particularly in the seniors age. From March this year MCCGC offers monthly Health and Wellbeing information sessions for gold coin donation only. This session provides you reliable information on a variety of health topics relevant to you.

It will give you a chance to:

- Understand and manage your health conditions
- Maintain a healthy lifestyle and maximize your health
- Meet every demands of daily life, to handle stress, loss and disappointments

Come and discover the secret to feeling better and living longer

**MULTICULTURAL
COMMUNITIES COUNCIL
GOLD COAST**

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