



BOLTON
CLARKE

The new face of rdns 

Be healthy and active

Free online zoom sessions



Be healthy and active in Nillumbik

Date	Session topic
Wednesday 2 September 10am – 11am	Managing sleep and fatigue
Wednesday 9 September 10am – 11am	Healthy eating and nutrition
Wednesday 16 September 10am – 11am	Master your mind – managing stress with mindfulness
Wednesday 23 September 10am – 11am	Understanding dementia
Wednesday 30 September 10am – 11am	Healthy bladder
Wednesday 7 October 10am – 11am	Falls prevention
Wednesday 14 October 10am – 11am	Healthy brain healthy body
Wednesday 21 October 10am – 11am	Healthy skin

Please visit www.nillumbik.vic.gov.au/Be-Healthy-And-Active-Online-2020 for more information and to register your interest for any of the above sessions. Alternatively, please call Fiona on 0437 676 617 to register.

All sessions will be held on zoom. If you need support getting onto zoom, please call our friendly Digital Mentor volunteers at Living & Learning Nillumbik on 9433 3744 and we'll assist you over the phone.

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To find out more about the Be healthy and active program, visit boltonclarke.com.au/behealthy