



Manningham Healthy Lifestyle Week

TITLE OF SESSION: Health & Wellbeing Day with multi-cultural exercises and cuisines	
DATE OF SESSION: Friday 26 February 2010	TIME OF SESSION: Start: 10:30am Finish: 2:00pm
NAME AND ADDRESS OF VENUE: The Pines Learning and Activity Centre, 520 Blackburn Road, Doncaster East	
MELWAY REFERENCE: 34 D6	
DESCRIPTION OF PROGRAM: "Health and Wellbeing Day" is a collaboration of Chinese Community Social Services Centre and four local senior citizens clubs of Manningham - Chinese, Greek, Iranian and Italian. These seniors will share with the community their wisdom about singing, physically and mental activity, and traditional cooking. It will be a fun day for Manningham residents, mixing people of different cultures, learning culturally- diverse healthy lifestyles and enjoying a nutritious lunch of multi-cultural cuisines. Comfortable footwear is essential.	
Booking & Enquiries: Call - Anita on (03) 9898 1965; or Email - admin@ccssci.com.au	
COST per person: Nil	
Host Organisation: Chinese Community Social Services Centre Inc.	
Supported by : Chinese, Greek, Iranian and Italian Senior Citizens Clubs of Manningham	