



華人社區服務中心

Chinese Community Social Services Centre Inc.

(ABN 95 428 365 701)

Proudly present

Health & Wellbeing Program in Current Economic Time – Enhancement of Financial, Dietary & Fitness Management Skills

This program covers three most important components of a quality life in current economic time - smart budget, healthy diet and fitness exercises

Free

People residing or working in the Manningham City are welcome

- * 3 separate Financial Management Workshops
 - ♥ To be held on Fridays at 10:30am—12:30pm on 16/10/09; 20/11/09 & 19/03/10
- * 6 separate Wellbeing Sessions and each session includes
 - ♥ Health talks & simple exercises
 - ♥ cost-effective cooking of multi-culture cuisine
 - ♥ To be held on Fridays at 11:00am—1:30pm on 02/10/09; 06/11/09; 04/12/09; 05/03/10; 02/04/10 & 07/05/10



- ♦ All programs will be delivered in ENGLISH
- ♦ Free of charge & Lunch will be provided
- ♦ Limited places and registration is essential

Venue : The Pines Learning and Activity Centre (Function Room)
520 Blackburn Road, Doncaster East, VIC 3109 (Melway 34 D6)

For any enquiries & registration, please contact Anita:
Tel: (03) 9898 1965 or e-mail to admin@ccssci.com.au

Website: www.ccssci.com.au

Funded by:



Organisations Involved:



Anglicare's financial counselling program

Senior Citizens Clubs of Manningham

- * Chinese
- * Iranian
- * Italian
- * Macedonian
- * Polish
- * St. Haralambous Church—Greek