



## Chinese Community Social Services Centre Inc.

(ABN 95 428 365 701)

### Health & Wellbeing Program in Current Economic Times — Enhancement of Financial, Dietary & Fitness Management Skills

**\*\* People residing or working in the Manningham City are welcome \*\***



**Registration Form**

Name of Participant: Mr. / Mrs. / Ms. \_\_\_\_\_

Address: \_\_\_\_\_ Post Code: \_\_\_\_\_

Contact No.: \_\_\_\_\_ Email Address: \_\_\_\_\_

#### I. 3 separate Financial Management Workshop

Date	Time	Content	Remarks	Please ✓ to indicate Your choice
16/10/2009 (Friday)	10:30am- 12:30pm	Best use of community resources and maximize the power of limited budget	Lunch provided	
20/11/2009 (Friday)	10:30am- 12:30pm	How to handle debts such as credit card, mortgage and bank debts in current economic time	Lunch provided	
19/03/2010 (Friday)	10:30am- 12:30pm	Smart financial management by setting & using a family budget	Lunch provided	

#### II. 6 separate Wellbeing Sessions (Limited places - please indicate your preference by 1-6)

Date	Time	Content	Remarks	Please mark 1-6 to indicate your preference
02/10/2009 (Friday)	11:00am- 1:30pm	Health talk & exercises by Manningham YMCA; Cooking demonstrated by Iranian Senior Citizens Club	Lunch provided	Full
06/11/2009 (Friday)	11:00am- 1:30pm	Health talk & exercises by Manningham Community Health Services & Mannigham U3A; Cooking demonstrated by Italian Senior Citizens Club	Lunch provided	
04/12/2009 (Friday)	11:00am- 1:30pm	Health talk & exercises and Cooking demonstrated by Chinese Senior Citizens Club of Manningham	Lunch provided	Full
05/03/2010 (Friday)	11:00am- 1:30pm	Health talk & exercises by Manningham Community Health Services & Mannigham U3A; Cooking demonstrated by Polish Senior Citizens Club	Lunch provided	
02/04/2010 (Friday)	11:00am- 1:30pm	Health talk & exercises by Manningham YMCA; Cooking demonstrated by Macedonian Senior Citizens Club	Lunch provided	
07/05/2010 (Friday)	11:00am- 1:30pm	Health talk & exercises by Manningham U3A; Cooking demonstrated by St Haralambous Church - Greek Senior Citizens Club	Lunch provided	

**To register for the above activities, please complete & send this registration form to Chinese Community Social Services Centre Inc. (CCSSCI) by:**

1. Mail to: Suite 11, Centro Box Hill North, 17 Market Street, Box Hill 3128; or
2. Fax No.: (03) 9899 8547; or
3. Email to: admin@ccssci.com.au; or
4. Telephone No.: (03) 9898 1965

**\*\* CCSSCI will ring you to confirm the registration \*\***