

City of
Cockburn



wetlands to waves



Cockburn Libraries

Health and Wellbeing for Older Adults

Imagine. Connect. Grow.



Wednesdays
9.30-11am
27 February – 3 April
Success Library
FREE Event

Are you an older adult living in the community?

Join this **six week program** run by students from Curtin University and learn skills for maintaining a sense of health, wellbeing and safety in the home:

- Keep doing the things you love
- Create and maintain social connections
- Prevent falls by safety proofing your home
- Manage pain while saving energy
- Reduce stress
- Adjust to change
- Eat for wellbeing.

Morning tea provided.

For more information and bookings (essential) visit library.cockburn.wa.gov.au

 Accessible event.

Success

T 08 9411 3840

11 Wentworth Parade, (cnr. Beeliar Drive) Success.



Curtin University