

Access Health and Community – Hawthorn

Welcome you to the “**Better health**” information series.

The Better Health Information Series is an opportunity to meet our wonderful community health professionals, and join the discussion on many important health topics.

Location	Large meeting room – Hawthorn, 378 Burwood Road, Hawthorn
Attendees	Physio gym clients ; open to the public
Cost	Free (Donation to Hardship fund optional)
Duration	1 hour

Our health professionals will provide advice on ways you can improve your health, and you can bring along any related questions you would like to discuss.

Date	Topic	Presenter
February 21, 12pm	Exercise for your health	Physiotherapist – David Thompson
March 21, 12pm	Food & your Health	Dietitian – Simone Mastronardo
April 18, 12pm	Looking after your feet	Podiatrist – William Hiser
May 23, 12pm	Healthy teeth, Healthy Smile	Dental – Ruth Heredia
June 20, 12pm	Being part of your community	Social Worker – John Mullane
July 18, 12pm	Staying independent at Home – tips and tricks	Occupational Therapist – Sally Kronk
August 22, 12pm	A GP and your health Q & A session with our GP	GP – Dr Anne Saunders
September 19, 12pm	How everyday medications affect me	Physiotherapist and Project Manager – Julius Ting
October 24, 12pm	Nursing your way to better health	Nursing – Cath Hastings
November 21, 12pm	Mental Health and me	Psychologist – Jason Brain

We look forward to seeing you there.

AccessHC Team