**BETTER HEALTH INFORMATION SERIES**

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, 378 Burwood Road, Hawthorn

**Attendees:** Anyone, no reservations needed

**Cost:** Free (Donation to Hardship fund optional)

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.

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| **Date**  | **Topic**  | **Presenter**  |
| 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 | Tips for looking after your mental health | Psychologist – Jason Brain |