

The Ageing Well Expo 2016

Wednesday October 5th



Wednesday October 5th 2016
9.30am - 1.00pm

New Peninsula Centre 370 Craigie Road, Mount Martha, Melways:146 A11

Come along and find out how to lead a healthy and active life.



- Health screenings, workshops, and care planning
- Demonstrations, displays and entertainment
- **FREE entry**, morning tea and accessible parking



More information: Andie Murphy, Peninsula Health **T: (03) 9784 8322**
Email: ageingwellexpo@phcn.vic.gov.au



Transport provided from Mornington, Southern Peninsula, Hastings and Frankston regions - gold coin donation.

Bookings essential, seats are limited. Bus bookings open Monday 19th September and close 4.00pm Friday 30th September

For buses in the Mornington Peninsula region call **9708 8241**
or email peninsulatransportassist@gmail.com

For buses in the Frankston region call or **1300 322 322**