



OLDER, WISER & WELL CONNECTED

Richmond Community Services Inc in partnership with
Windsor Professional Centre are pleased to offer

A FREE fortnightly 3-session ongoing course

exploring the joys and challenges of getting older.

For those 60 years and over

This ongoing group will include

- Looking at challenges that occur as we age such as health, relationships, lifestyle
- Tools to increase and maintain memory
- Exploring emotions like sadness, depression and anxiety
- Looking at the loss of relationships, health and family connections
- Dealing with loneliness
- Maintaining positive relationships, dealing with the difficult ones
- Making new and maintaining sustainable relationships
- The importance of social connection

WHEN: 3 x Wednesdays
14th, 21st & 28th February 2024

TIMES: 10am – 12.30pm

WHERE: Richmond Neighbourhood Centre
20 West Market Street, Richmond, NSW

EARLY BOOKING ESSENTIAL!

TO BOOK CALL: 4588 3502

OR E-MAIL admin@rcsi.ngo.org.au



WINDSOR
PROFESSIONAL CENTRE

...making a difference...

