

# HEALTH & WELLBEING 2024

**UNLEY COMMUNITY CENTRE** July – Nov



**A series of free workshops focused on health and wellbeing for the over fifties. From information and advice on health and nutrition, through to travelling and gardening tips and tricks; these information sessions provide valuable knowledge and inspiration.**

**3rd Monday of each Month at 1pm (Feb - Nov)**

**UNLEY COMMUNITY CENTRE, 18 Arthur Street, Unley**

**Free, Bookings Essential, Phone 8372 5128 \*Turn over to view workshop program.**

**CELEBRATING THE OVER FIFTIES WITH LIFE LONG LEARNING**

15  
July

### **Rose Growing: Getting the Best from Your Roses**

Are you wanting to start growing your own beautiful roses? Or perhaps you already have roses but you're not getting the most out of them.

In this session, Peter Wilson will give advice on how to get the best out of your roses.

19  
Aug

### **Gut Health: Rebecca Greco from Nourish**

I'm sure you have felt butterflies in your stomach when you have felt nervous at some stage, this is the brain - gut axis in action. Did you know that this connection is influenced by the food we eat, and this flows to our thoughts and feelings? Recent research is providing insight into this new world in our gut, and we are now starting to understand that some foods and eating patterns can improve our mood and overall wellbeing.

16  
Sep

### **Sound Bath: Michelle Byrne from Shanti Sound**

Experience the healing vibration of a sound bath with Michelle Byrne from Shanti Sound. Bring your own mat (or use a chair provided), blanket, pillow, and water bottle.

21  
Oct

### **Depression and Anxiety in Older Adults: Calm Space Psychology**

In this session, Psychologist Brooke Michell from Calm Space Psychology will discuss the effects of and management of depression and anxiety in older adults.

18  
Nov

### **Understanding Arthritis: Maintaining Wellbeing – What Can I Do?**

“Maintaining Wellbeing” presented by The Hospital Research Foundation Group - Arthritis SA.

Arthritis can affect all aspects of your life. This talk helps people understand wellbeing and arthritis. Includes simple tips for protecting your joints and ideas for ways to manage your daily activities.

**Health & Wellbeing** 3<sup>rd</sup> MONDAY OF THE MONTH, 1PM

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