

Healthy, Happy, and Harmonious: Men's and Women's Wellbeing



DPV Health invite you to come along to a health and wellbeing workshop.

We want women and men of all ages living in Hume to have equal opportunities to:

- make good health decisions for themselves and their families
- know about and access local health and community services
- understand, maintain and improve their own and their family's health and wellbeing.

There will be one men's-only workshop and one women's-only workshop.

What is involved?

- 1.5-hour workshops with activities
- The workshops will be conducted in English and interpreted in Punjabi
- Cost: FREE
- Lunch will be provided



Men's Session:

Date: Monday 25th November 2024

Time: 12pm - 1:30pm

Place: Mickleham North Community Centre
82/90 St Georges Blvd, Mickleham VIC 3064



Women's Session:

Date: Monday 25th November 2024

Time: 2pm - 3:30pm

Place: Kalkallo Community Centre
33 Toyon Rd, Kalkallo VIC 3064



How to register:

Register via the QR code or link below or speak to a Community Centre staff member for help registering.

<https://www.trybooking.com/CVNJD>



We offer free
interpreter services

