

Champion Lakes Lifestyle Village

is delighted to be hosting

FREE PRESENTATIONS

LEARN
ABOUT NUTRITION
FOR FALLS
PREVENTION



Bethanie
You're among friends

LET'S GET ON THE SUPER HIGHWAY

Thursday 25th November
1.00pm – 3.00pm

Presented by IT expert of Bethanie Group – this presentation focusses on all the tips and tricks our seniors demographic needs to ensure they remain safe whilst on the super highway connecting with friends and loved ones. From the novice through to the expert that is IT savvy this presentation is not to be missed. The event has been co-produced by Champion Lakes Lifestyle Village and The Bethanie Group funded by the Department of Health and Stay on Your Feet. Afternoon Tea provided at completion of presentation

Presenter - **Andrew Garside**



LET'S GET HERBAL IN OUR COURTYARD GARDEN

Wednesday 1st December
1.00pm – 3.00pm

Everyday herbs offer a range of health benefits to our daily activities and this presentation focusses on how common herbs can compliment a healthy lifestyle from the ease of your small area courtyard garden. From the expert green thumb through to the can't keep a succulent alive this presentation will bring to life the health benefits of herbs, companion planting along with general industry tips and tricks. Afternoon Tea provided at completion of presentation. Free herbs will be provided to all attendees to take home and to put into practise the tips and tricks that are presented.



Staying independent is supported by the Move, Improve, Remove – Stay on your Feet programme managed by Injury Matters on behalf of the WA Health Department. The presentations are held at Champion Lakes Lifestyle Village and are open to the general public to attend.

The Village bus will also be offering a courtesy pick-up & drop off service from Champion Lakes Shopping Centre & Haynes Shopping Centre to the village. Attendee numbers are strictly limited so please RSVP your spot to info@championlifestyle.com.au without delay.



CHAMPION LAKES
Lifestyle Village

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