



WELLNESS IN THE GOLDEN YEARS

A FREE WELLNESS EXPO FOR SENIORS

WHEN

10.00am—3.00pm

Friday
26 June 2015

WHERE

Royal International
Convention Centre,
RNA Showgrounds
600 Gregory Terrace
Brisbane QLD

COST - FREE

to all community members
(excludes parking costs)

DRESS

Casual loose clothing—you may
want to join in some of the
activities and events

RSVP for catering purposes by

17 June 2015

Chrissie Ma-amo

Phone: 0428 332 965

Email: mcma-amo@diversicare.com.au

Please advise us of any special dietary requirements
upon booking.

Explore and talk with experts in
the service and wellness
industries about YOUR healthy
ageing journey.

Enjoy some healthy
international cuisine PLUS :

- Receive *FREE* fitness and mobility advice
- Hear *FREE* valuable healthy ageing advice from back care specialists, information on falls prevention & holistic dentistry.
- Yoga and dance activities
- Nutritional products and guidance
- Massage and hair care demonstrations
- Service provider displays for aged and disability care
- *FREE* Fashion and Styling Show presented by the stylist from Westfield Carindale. Learn about how to make the best of your look in your golden years!



*Naturopath and Keynote Speaker
Nicky Wood - Your Wellness MC*

Lucky Door Prizes

Gift Bags from our
Exhibitors



Therese Kerr - Featured speaker

*The Impact of environmental
toxins on your health and ageing*

Bowen Hills train station is located 800m away from the Royal ICC. Royal Brisbane & Women's Hospital bus station is 700m away. Buses are wheelchair accessible. For transport and disability enquiries contact Brent Couling on 0427 582 461.