



Ageing Well masterclass

You are invited to register for these enlightening sessions to help improve your wellbeing. These masterclasses are brought to you by a team of clinical experts and professionals in the field of ageing.

Ageing Well is a collaboration between CatholicCare Sydney, Catholic Healthcare and Grief Care

Venue: Melkite Charitable Foundation
80 Waterloo Rd, Greenacre NSW 2190

Times: 10:30am - 12pm. Morning tea provided from 10am

RSVP: To register, contact Najwa Touma on **9750 5514**
or email community@melkite.org.au.

Day	Date	Topic
Thursday	26 Oct	Social Connection
Thursday	2 Nov	Physical Wellbeing
Thursday	9 Nov	Navigating Aged Care
Thursday	16 Nov	Savings Finder
Thursday	23 Nov	Digital World & Elder Abuse
Thursday	30 Nov	Ageing Gracefully Living Fruitfully