

India Club Invites you to the “Next Step” Forum

“Empowering Dynamic Wellness In Multicultural Communities” “Open to All Multicultural Communities”

- Inspiring Talks by the Mayor & the Superintendent Commander of the Hills LAC
- What you don't know about Yoga
- Active Aging
- Changes in legislation on Aged Pension from January 2017
- Active Mind
- Collective Wisdom – Modern Grandma

10:15AM – 1Pm
8th February 2017

*The Hills Shire Council
3 Columbia Court
Baulkham Hills*

Sponsor: Community Migrant Resource Centre
Supported By Hills Domestic Violence Prevention Net Work &
Soroptimist International of the Hills

FREE ADMISSION

Light Snacks will be served

www.indiaclub.com.au



RSVP: Shubha Kumar 0402257588

Anne Kalra 0417408 525

Uma Menon: 0407482127

Shubha.kumar.indiaclub@gmail.com

akalra@uniting.org

uma.menon@cmrc.com.au