



# All About Health Care

## KNOW ABOUT YOUR BODY AND HOW TO KEEP IT HEALTHY

### FREE INFORMATION SESSION

Dates for 2019 on Fridays: Time: 10am to 1pm (10am start)

28 June	Breast Screening
05 July	Breast Screening
19 July	Cervical Screening
26 July	Heart Care Forum
09 August	Bowel Screening
16 August	Diabetes Awareness
23 August	Diabetes Awareness
30 August	Diabetes Awareness
06 September	Healthy Eating
13 September	Healthy Eating
20 September	Healthy Eating
27 September	Healthy Eating
04 October	Healthy Eating
11 October	Healthy Eating

**18 October      Family Harmony and Healthy Relationship**  
**25 October      Family Harmony and Healthy Relationship**

**Venue: Blacktown Library Function Centre Level 1**

**Resource Speakers from the Allied Medical Specialists and Professionals**

**Sponsors: Philippine Nurses Association Australia Inc. / Philippine Health Care Association Inc.; Ateneo Alumni Association of Australia; Blacktown City Council; Blacktown Library**

**Morning Tea and Refreshments are provided**

**Presenter:**

**Dr. Julie C. Nunez, OAM; PhD**  
**Bilingual Community Educator, WSLHD**  
**PNA Aust Board Member**

