

Items	Program 講座資料		
Date 日期	20/1/10, 19/5/10, 25/8/10 and 03/11/10		
Day 星期	Wednesday 星期三		
Frequency 次數	4 times per year 每年四次		
Venue 地點	Senior Citizens Hall, 159-161 Shaftsbury Road Eastwood.		
Timetable 時間	10:00am – 10:30am	Morning Tea 茶點	
	10:30am – 12pm	Information Session 講座	
Topics 題目	20/1/2010	憂鬱及情緒病 Depression from Family and Carer Mental Health Program Speaker: ARAFMI NSW Inc.	
	19/5/2010	如何使用政府醫療服務 Accessing the Health Care System Speaker: Sato from Northern Sydney Area Health Carer Support Service	
	25/8/2010	養老院及退休屋的分別及費用 The differences between aged care facilities and retirement villages and cost associated Speaker: TARS	
	03/11/2010	關節炎 Information on Arthritis Speaker: Arthritis NSW Contact: Di Spragg / Speaker: Jacqui Louth	
Interpreters 翻譯	Mandarin and Cantonese 普通話及廣東話	Mandarin and Cantonese 普通話及廣東話	Mandarin and Cantonese 普通話及廣東話

❖ 負責職員保留更改節目權利。

The program co-coordinator retains the right to change the program when necessary.

❖ 一般情況下，負責人或義工會於每次活動前約一至兩星期，以電話邀請您參加活動。但因名額有限，欲免向隅，“先到先得”。

The program coordinator or a volunteer will call and invite you to join our program one or two weeks before the outing. As seats are limited, booking in early. Bookings are on a "First come, first serve" basis.

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