

HEALTH & WELLBEING 2024

UNLEY COMMUNITY CENTRE Feb – Jun



A series of free workshops focused on health and wellbeing for the over fifties. From information and advice on health and nutrition, through to travelling and gardening tips and tricks; these information sessions provide valuable knowledge and inspiration.

3rd Monday of each Month at 1pm (Feb - Nov)

UNLEY COMMUNITY CENTRE, 18 Arthur Street, Unley

Free, Bookings Essential, Phone 8372 5128 *Turn over to view workshop program.

CELEBRATING THE OVER FIFTIES WITH LIFE LONG LEARNING

19
Feb

Bone Health - Osteoporosis Management/Prevention

Osteoporosis is a common disease in Australia, with 1.2 million people estimated to have osteoporosis and a further 6.3 million with low bone density. Of those aged 50 years and over, 66% have osteoporosis or osteopenia.

In this session, Unley Physiotherapy will talk about ways to manage osteoporosis and for those that have not been diagnosed, ways to help prevent a diagnosis.

18
March

Growing Citrus, Berries and Vines

Citrus and berry plants produce many fruits over a long period of time and can make excellent choices for suburban gardens.

In this session, Peter Wilson will discuss the selection, preparation, planting, and aftercare of these plants.

15
April

Understanding Arthritis Part II - Pain and Arthritis

Pain is one of the most common symptoms of living with arthritis.

“Understanding Arthritis Pain” presented by The Hospital Research Foundation Group - Arthritis SA will help you understand pain, what’s recommended, ideas to try, and links to resources.

20
May

Depression and Anxiety in Older Adults

In this session, Psychologist Brooke Michell from Calm Space Psychology will discuss the effects of and management of depression and anxiety in older adults.

17
June

KESAB - Seeded Papermaking Workshop

Join KESAB for this practical, hands-on introduction to recycling and resource recovery, where you will get to make your very own recycled paper from shredded office paper.

We will have a small selection of seeds you can add in to make a seeded greeting card or gift tag that can be planted in the garden!

We invite you to bring along some seeds from your favourite flowers, herbs, or veggies too!

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