WELLNESS DAY
SATURDAY, 14/11/2026


Rotary


Rotary
Rotary


Staying active and on your feet
PROGRAM
Rotary


We don't always have control over what happens in life
but we can develop mastery over how we respond
Staying active and on your feet
Rotary




There are lots of ways to meet new people but sometimes it's hard to know where to start...
www.MyHealthConnector.com.au
an online directory to help improve social connections
hundreds of local services
health and community services
wellbeing activities
social and support groups
more information call 4708 8169
Connector
phn
Wentworth Healthcare


Plan ahead to stay safe and well this summer
Ask Us How
Beat the Heat


5 ways to Wellbeing
Keep Learning
Try something new, from a class or a craft to a new skill.
Be Aware
Notice the world around you and pay attention to the present moment.
Help Others
Give your time, a smile or a hand; helping others lifts everyone.


Peter
Talking Gazette
Peter Stephens-on


Legal topics for seniors
Legal Aid
Speaking for myself
Talking Gazette
Helping to ease everyday household costs
Visit nsw.gov.au
Cost of Living hub
The Road Ahead
Top 10 misunderstood road rules in NSW
A Guide to Older Driver Licensing












ALDI









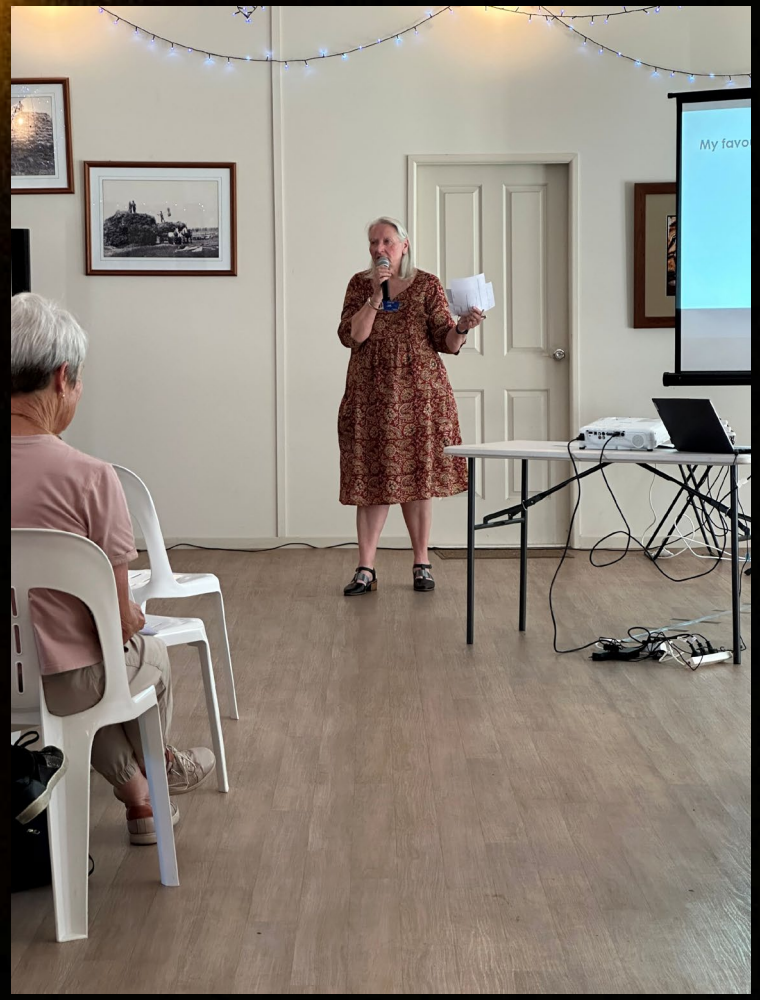







Rotary
of Springwood
MOUNTAINS
1300


My favourite exercise – Sit to stands
Rotary
Club of Springwood
BLUE MOUNTAINS




OAK