

Join Omnicare's 6-week Senior Wellbeing Program



Take time for yourself and learn how to manage your wellbeing with the support of Allied Health Professionals.

About the Program:

Omnicare is offering a 6-week community wellbeing program for seniors and carers who look after their loved one. This program includes practical sessions led by Allied Health Professionals and other experts, focusing on managing physical, mental, and emotional wellbeing, along with caregiving tips.

Who is eligible?

Seniors who are eligible for Commonwealth Home Support Program (CHSP). A referral for "Allied Health & Therapy Services" will be required. Our friendly team can support you in this process.

Program highlights


- 6-weeks, commencing 13 January 2025
- \$30 one-off contribution


Activities that are targeted to your wellbeing needs

- General Wellbeing
- Physical Health
- Mental Wellbeing
- Practical Tips for healthy ageing
- Navigating Aged Care & Health Care
- Caregiving
- Connect with like-minded seniors

To register or learn more

contact Ruth Handley on

 1300 336 488

 mylife@omnicare.org.au

or visit [omnicare.org.au](https://www.omnicare.org.au)



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one-off
contribution
thanks to CHSP
funding