

Healthy Ageing Talk Series

MAN ALIVE!

MAKE A DIFFERENCE WITH YOUR HEALTH

Men's Health Day - Health is Wealth!

4th June 2009 at 10am

- Join us for this opportunity to make a difference in men's health and wellbeing
- Learn how to have a healthier future.
- Exceptional speakers will bring your health to life and improve your relationships to ensure you are not left out in the cold!

Speakers

Dr John Darcy

Australia's best known media doctor

Dr Michael Valenzuela

Researcher in the field of the brain, brain training and brain health.

Bettina Arndt

Sex and relationship therapist

Venue: The Auditorium, Level 1, 280 Pitt Street, Sydney

(Sydney Mechanics School of Arts Building, between Park and Bathurst Streets, near Town Hall)

Admission : COTA NSW members FREE non members \$10 each

Booking essential for catering - RSVP **9286 3860**

Kindly sponsored by



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