

Healthy Lifestyle Program

First Aid for Seniors



Back by popular demand this workshop will focus on conditions that are likely to affect community members aged 50 and over including:

- ✓ Basic first aid principles, (including attending to grazes, cuts and skin tears)
- ✓ Signs and symptoms of stroke
- ✓ Diabetes
- ✓ Heart attack
- ✓ Ways to fall safely
- ✓ Dealing with the results of accidental falls and trips
- ✓ Recognising and treating shock

The facilitator will explain the appropriate actions to take in the above situations.

Date: Thursday 19 April 2012

Time: 9:30am to 11:30am

Location: Woollahra Community Centre
334 Edgecliff Road Woollahra
(Cnr Queen Street & Edgecliff Road)

Cost: \$6.50 (morning tea provided)
Hot lunch and dessert is available at 12pm for \$6.50 (bookings required).

RSVP: Call 9363 5957 to reserve your place by Monday 16 April.

For more information or to RSVP, call 9363 5957.

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