

Positive Ageing Sessions

Heart Health

Wednesday 3 April 2019

1.30 - 2.30pm

Armadale Library



A Heart Foundation ambassador will give a brief presentation on:

- The Heart Foundation and what they do.
- The warning signs of a heart attack.
- The benefits of a healthy lifestyle.

myGov - All in one place

Wednesday 3 April 2019

3 - 4pm

Armadale Library



A Program Support Officer from the Department of Human Services will discuss:

- myGov and how to create a myGov account.
- What services you can link to the myGov account.
- Centrelink Express, Medicare Express and Child Support mobile apps.

Bring along your pension card, medicare card and photo id, along with your smartphones, tablets and ipads for a practical demonstration on how to download and use the apps.

Refreshments will be provided. Bookings are essential. Visit library.armadale.wa.gov.au or call 9394 5125.

Armadale Library 9394 5125
Kelmscott Library 9394 5810
Seville Grove Library 9394 5800
library.armadale.wa.gov.au



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