



**AASHA**  
Australia Foundation Limited

ACN 608 970 645, ABN 59 608 970 645  
[www.aashaaustralia.org.au](http://www.aashaaustralia.org.au)

**AASHA Australia Foundation** cordially invites you to its annual wellbeing forum  
**'Eight to Eighties-Uniting Generations'**

**Date: Saturday, 5<sup>th</sup> November 2016**

**Time: 1.30pm-4.30pm**

**Venue: Pennant Hills Community Centre**

*(Cnr Yarra & Ramsey St, Pennant Hills Road. Registration at 1 pm Sharp. Light Refreshments will be provided)*

**The event is free for all to join**

*(AASHA is a Not For Profit organisation and funds its activities by your support and donations. We will appreciate any voluntary donations on the day, to enable us to bring such events to you in future.)*

**We encourage seniors to attend along with children and grandchildren.**

**The event will include wellness expert sessions from prominent speakers like:**

- **Dr. Perminder Sachdev** -AM MBBS MD FRANZCP PhD MFPOA FAAHMS
- **Ms. Susan McCarthy** -GM Services, Alzheimer's Australia,NSW
- **Ms. Cecilia Milani** -Manager PICAC,NSW & ACT – My Aged Care registration

**Followed by an entertainment program as under:**

- **'Eight to eighties' fashion show**, featuring seniors with younger generation
- **Cultural performance** by prominent local artists

**RSVP by 28<sup>th</sup> October 2016 to Bijinder Dugal, Mobile: 0412786569, Email: [bijinderdugal2002@yahoo.com.au](mailto:bijinderdugal2002@yahoo.com.au)**

**About AASHA Australia Foundation:**

The word 'AASHA' has its origins in Sanskrit, which means 'Hope'. At AASHA Australia Foundation, we continually thrive to instill hope in the minds of seniors from South East Asian, Culturally and Linguistically Diverse (CALD) communities. We do so by facilitating culturally appropriate aged care and related services for these community members. Our Foundation aims to bridge the gap between Australian Government Health services, Service providers and these community members

Our **vision**, 'Connecting Culture with Care', powers our **mission** which is to 'Bridge the 'Culture' gap between Aged care providers, Australian Government agencies and seniors from South East Asian CALD communities', with a **spotlight focus on seniors suffering from Dementia.**



**Proudly supported by: PICAC- NSW& ACT, United Indian Association, AHIA, Parramatta Lions Club, PECOSA, IABBV, ASAF Association, Sikh Temple Turrumurra, Hornsby Seniors Association and Sikh Council of Australia (1992) Inc.**