## **CONNECTING FOR** SUCCESSFUL AGEING



How does connectedness improve one's health?

Want to try something new?

Do you worry about being isolated?

The Consumer Committee Aged Care Psychiatry Service, Eastern Suburbs Mental Health Service presents a FREE public health forum

## KEY NOTE ADDRESS by HUGH MACKAY

Social researcher, writer and social commentator

## The Importance of Social Connectedness

Chair:	Professor	Henry	Brodaty
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Mind and Body

Connectedness

Dr Judy Chen Physiotherapy & Tai Chi

**Relationships** and Connections

**Dr Carmelle Peisah** Associate Professor UNSW Psychiatrist

Connectedness through Technology

Nan Bosler Australia Seniors Computer Clubs Assn **Peggy Roberts** 2013 NSW Health Volunteer of the Year

Volunteering and

**Successful Ageing** 

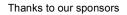
**BOOKING ESSENTIAL** Morning tea will be provided

Phone: 9382 3753 Email: ACPSforum@gmail.com













Genworth 💥