

Wellbeing Day | Age well, live beautifully



Detail

-  Wellbeing Day | Age well, live beautifully
-  Thursday, 13 November 2025, 02:00 PM - 04:00 PM
-  392 Galston Road, Dural - NSW

Event Overview

Co-hosted with Keep Moving Health Group, this wellbeing salon offers short, expert-led sessions to help you stay active, confident and independent in retirement. Discover practical ideas you can use in village life. Program highlights• Short talk: How allied health supports strength, balance and brain health• Physiotherapy station: quick strength and balance checks with feedback• Cognitive station: hands-on brain games and tips for memory and focus• Everyday living support: small-group guidance from an occupational therapist Good to knowLight snacks and refreshments. Family welcome. Seating available. RSVPBookings essential. Limited places. Register to receive your session guide.

Find out more information from
<https://www.downsizing.com.au/events/detail/2218/wellbeing-day-age-well-live-beautifully>

Event ID2218





Marston Living - Rosella