

# NUTRITION & EXERCISE

Living better with arthritis, heart disease, dementia or diabetes



**ccnb.**  
community care + well being

**Wednesday 19 April 11 - 1 pm**  
Collaroy Beach Surf Club,  
Pittwater Road, Collaroy Beach

**Thursday 20 April 11 - 1 pm**  
Willoughby Room,  
Willoughby Library

# mind. body. soul.

**FREE wellbeing classes for seniors, with lunch provided**

*For bookings call 9998 2900 or email [ccnb@ccnb.com.au](mailto:ccnb@ccnb.com.au)*

## JOYS OF YOGA

Create a more relaxed life



**Wednesday 24 May 11 - 1 pm**  
Collaroy Beach Surf Club,  
Pittwater Road, Collaroy Beach

**Thursday 25 May 11 - 1 pm**  
Willoughby Room, Willoughby Library

## ART THERAPY

Find your inner creativity



**Tuesday 20 June 11 - 1 pm**  
Collaroy Beach Surf Club,  
Pittwater Road, Collaroy Beach  
**Wednesday 21 June 11 - 1 pm**  
Willoughby Room, Willoughby Library

# NUTRITION & EXERCISE FOR BETTER HEALTH

Living better with arthritis, heart disease, dementia or diabetes



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Are you ready to escape the cycle of chronic pain and illness?  
Would you like to find a better way to live?

Hear from Andrew Daubney of Rebound Health, the allied health experts in exercise physiology, nutrition and remedial massage.

This class addresses the common myths and misconceptions about the correct way to manage and treat arthritis, heart disease, dementia and diabetes, and offers plenty of practical advice you can use straight away.

Expect this class to help you find immediate and lasting results.