



**KythCare** - Kytherian Aged Care Services Limited  
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Your KythCare Board are planning to hold a **Health & Wellbeing Seminar** on

**Saturday 2<sup>nd</sup> April, 2022 2:00pm to 5:00pm in Kogarah**

This seminar will, of course, be dependent whether it will be Covid-safe to do so.

It will follow similar lines to that of the previously successful Information Session held at St Basil's, Randwick.

At this Seminar we are planning to offer a number of initiatives to assist our older community members, their carers and family, to help them remain healthy and safe. So you should definitely attend if possible.

The session will include:

- Healthy Ageing
- The hospital journey of an elderly patient
- MyAgedCare – finding services to help you remain independent
- How can assistive technology help you?
- Advanced Care Planning

Please save the date.

More information will follow in the next K/A newsletter and will also be available on website:  
[kythcare.com.au](http://kythcare.com.au)

POSTPONED DUE TO COVID