

Food for Thought

Greek Australian Women's Network

LIVING WELL - AGEING WELL

A Health and Wellbeing presentation incorporating the AGM

With **Roland Naufal** – global best practice expert.

Followed by discussion.

Whether you are concerned about yourself or your Mum or Dad,
come along and start planning for the future.



Living Well - Ageing Well

Is a presentation that will go beyond the obvious.

If you want to avoid making decisions in a crisis, when it is easy to make mistakes or be ripped off, now is the time to consider your other options.

Roland Naufal will provide first hand experience, backed by international tours and research. He will address these issues in a highly informative session. Other experts from the community will be present and will respond to Roland's presentation.

Please book early so you will not be disappointed

Date: Friday 19 October 2007, 7.00 pm to 11.00 pm

Venue: Yiannis Tavern, Kew, 840 High Street, Kew

Cost: \$45.00 for members or \$50.00 for non members. This includes dinner & drinks.

RSVP essential via e-mail: info@fftn.org.au by COB 10 October.

or phone Konstantina Gerolymou 0412 182 764, Barbara Yerondais 0419 538 847,

Eugenia Pavlopoulou, 0418 699 689 or Anthoula Paraskeva 04 19 663 257.

Please send cheque to FFTN, P.O Box 843, Templestowe 3106

Specific enquiries about the content of the presentation and the **Food For Thought Network** should be directed to the president, Varvara Ioannou, on 0403 034 527.