

# CHEERS



## CHEERS

(Cheerful  
Healthy  
Eating  
for Elderly  
Residents  
& Seniors)

Luncheons

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### Luncheons:

- ◆ Meet at a local café /restaurant
- ◆ Held monthly
- ◆ No joining fee
- ◆ Meals from \$20-\$25
- ◆ Try different cuisines
- ◆ Opportunity to make new friends
- ◆ Guest speaker at each luncheon



Warringah Council

Live Life  well

NSW HEALTH  
NORTHERN SYDNEY  
CENTRAL COAST  
AREA HEALTH SERVICE

For bookings contact:  
Northern Beaches Health  
Promotion

Phone: 02 9976 9531