

MULTICULTURAL

# Health Information Day

## Health Information Stalls



Stall presenters	Information available
BreastScreen NSW	Breast cancer, breast health, the <i>BreastScreen</i> NSW service, and how a free screening mammogram every two years (for women aged 40 years and older) could save your life.
headspace Bondi Junction	Discover the services <i>headspace</i> offers and how to access them, including free counselling and support for 12-25 year olds.
Nutrition Australia NSW	Explore the options of healthy eating and access to healthy and nutritious food.
St Vincent de Paul Society NSW – NDIS Local Area Coordination Program	Learn about the <i>NDIS Local Area Coordination</i> service in NSW and how to gain access to the scheme.
HARP Unit, SESLHD; Hepatitis NSW; Multicultural HIV and Hepatitis Service (MHAHS)	Be informed about liver health and Hepatitis B as well as how testing for or treating liver illnesses can pave the way to healthy living.
Cancer Council NSW	Understand the role of <i>Cancer Council NSW</i> in supporting those with cancer and what we can all do to reduce our cancer risk.
Prince of Wales Hospital and Randwick Campus Redevelopment Team	Find out about the <i>Prince of Wales Hospital</i> redevelopment plan as well as their health talks in various community languages.

Lionel Bowen Library  
669-673 Anzac Pde, Maroubra

Thursday 5 September  
10.30am – 2.30pm

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# Health Information Day

## Thursday 5 September, Lionel Bowen Library

**Come along to our Health Information Day and discover more about common health issues. Explore the services provided by our participating health organisations and what you can do to improve your health.**

Join a series of insightful seminars held in English and other community languages. Visit our health information stalls and go into the draw to win a copy of the popular *Healthy Food Fast* recipe book on the day.

*All events are free. Bookings are required for most of the events. All ages welcome.*



Hari Informasi Kesehatan



健康信息日

День Информации о Здравье



Ημέρα Πληροφορίες Υγείας

Día de informacion de la salud

Randwick City Library  
a sense of community

MULTICULTURAL  
HEALTH WEEK

For more information: 9093 6400  
[www.randwick.nsw.gov.au/library](http://www.randwick.nsw.gov.au/library)

# Health Information Day

## Program of Events

### Seminars

Limited spaces.  
Online bookings  
required.

Bookings  
required for  
all seminars.

#### Wellbeing: Healthier You

10.30 – 11.00am

Language: English

By Nutrition Australia NSW

Discover how to make healthier choices at food courts, cafes and restaurants.

#### Reduce Your Cancer Risk, Save Your Skin and Early Detection

10.30 – 11.00am

Language: Spanish (Español)

By Cancer Council NSW

In Australia, approximately 37,000 – or one third – of cancer cases each year are preventable. This presentation aims to empower people to make lifestyle choices now, to reduce their cancer risk in the future.

#### Hepatitis B: Talks in Various Languages

11.00 – 11.30am 乙肝讲座  
Language: Mandarin (普通话)

11.30am – 12.00pm 乙肝講座  
Language: Cantonese (廣東話)

12.00 – 12.30pm  
Language: Indonesian (Bahasa Indonesia)

By Hepatitis NSW and Multicultural HIV and Hepatitis Service (MHAHS)

Hepatitis B is a chronic liver infection that can have serious health problems if untreated. This talk provides you information on how to test for, treat and live well with Hepatitis B.

#### Managing Chronic Pain

管理慢性疼痛

11.10am – 12.10pm

Language: Mandarin (普通话)

By Diversity Health, St George Hospital

Understand the nature of chronic pain and learn self-management skills to reduce the impact of pain on your life.

### Seminars (Cont.)

Bookings  
required for  
all seminars.

#### Local Area Coordination Program and NDIS

12.40 – 1.00pm

Language: English, with interpreters available in Mandarin, Greek, Cantonese and Spanish  
By St Vincent de Paul Society NSW  
NDIS Local Area Coordination Program

This presentation gives you a brief explanation of the NDIS (National Disability Insurance Scheme) and how to gain access to the Scheme and the role of the Local Area Coordination program.

#### Using Medicine Safely

安全使用药物

12.20 – 1.20pm

Language: Mandarin (普通话)

By Pharmacy, Prince of Wales Hospital

Learn about organising medicines at home and the preparation for a potential hospital admission to optimise safety outcomes.

### All-Day Events

No  
bookings  
required.

#### Cancelled: FibroScan

10.30am – 2.30pm

By the HIV & Related Programs (HARP) Unit, South Eastern Sydney Local Health District (SESLHD)

This event has been cancelled due to unforeseen circumstances.

#### Health Information Stalls

10.30am – 2.30pm

Visit our health information stalls and find out what services our participating health organisations provide (see last page).

#### Prize Draws: Win a Healthy Food Fast Recipe Book

12.30pm AND 1.30pm

Get a raffle ticket for every visit to an information stall or attendance to a seminar. You must be present at the time of the draw to claim your prize. Multiple entries allowed, only one prize per person.