

FREE Information sessions for seniors

Ageing with Confidence.

Are you or a loved one looking to access aged care but unsure where to begin? Our industry specialists are here to help you make informed decisions.

We'll help you understand:

- Accessing support services
- CatholicCare Services for older people
- Keeping your mind and body fit
- Advocating and supporting older people and their families



“Let us remember that our life is meant to be lived to the full”

from Pope Francis' message for the World Day for Grandparents & the Elderly, 23 July 2023.

FREE event with morning tea included

Ageing with Confidence sessions will be held in 3 areas of our Diocese:

Wednesday 8 May 2024 • 9am - 1pm

Campbelltown Catholic Club

20/22 Camden Road, Campbelltown

Wednesday 5 June 2024 • 9am - 1pm

The Fraternity Club Fairy Meadow

11 Bourke Street, Fairy Meadow

Wednesday 19 June 2024 • 9am - 1pm

Worrigee (Nowra) Sports Club

131 Greenwell Point Rd, Worrigee

These half-day information sessions will provide seniors with practical information on the aged care system and healthy ageing.

Expert presentations from staff at CatholicCare will be joined by presenters from the Seniors Rights Services NSW and the NSW Fire & Rescue Service to talk about home safety.

Places are limited. To register:

Call: 02 4227 1122

Online: www.catholiccare.dow.org.au/events

For any other information contact Jane Hollier:

Email: janeh@catholiccare.dow.org.au

Call: 0417 018 152