

CHEERS



CHEERS

(Cheerful
Healthy
Eating
for Elderly
Residents
& Seniors)

Luncheons

CHEERS

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:
Warringah Council

Phone: 02 9942 2354