



Independent Living Centre NSW

ENDLESS POSSIBILITIES...

CHOOSING FOR YOURSELF!

Seating and Posture

What do you need to consider?

What is available?

Where do I get information?

When do I need assistance?

What does an Allied Health Professional do?

If you want to choose your equipment for yourself or simply want to be able to talk more with your therapist, then these workshops are for you.

The Independent Living Centre NSW will be running a number of free workshops during 2014. Each workshop will focus on a specific area and a variety of equipment solutions will be on display at each workshop.

When:	Thursday 6th March 2014		
Where:	Belmont 16s Club Macquarie Room The Parade Belmont NSW 2280		
Time:	1pm - 3.30pm	<u>OR</u>	5pm – 7.30pm
Cost:	FREE		

The workshops are for people with disabilities, carers and family members.

Please RSVP Odelle at the ILCNSW on **9912 5806** or **events@ilcnsw.asn.au**.



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