

THE STRATHBOGIE OUTREACH TEAM IS COMING TO RUFFY

FREE HEALTH SCREENING

- BLOOD PRESSURE CHECK
- TYPE 2 DIABETES RISK ASSESSMENT
- MENTAL HEALTH SUPPORT AND EDUCATION
- OPPORTUNITY TO ASK QUESTIONS IN RELATION TO YOUR CURRENT HEALTH STATUS
- CHRONIC DISEASE/MENTAL HEALTH SUPPORT, EDUCATION, DIRECTION AND REFERRAL

**WHERE: TABLELANDS COMMUNITY CENTRE RUFFY
OPPOSITE THE RUFFY STORE**

WHEN: THURSDAY 31ST MARCH 2016

TIME: 1:30 pm – 3:00 pm

Portable private consultation room with the community centre open for free tea/coffee

Read the newspaper, flip through a magazine, bring your knitting, catch up with locals

Or browse the Bric a Brac

Whatever the weather air conditioned comfort or cosy heating

JUST TURN UP ON THE DAY 1:30PM – 3:00PM