

# Are you an Aboriginal and / or Torres Strait Islander person 65 or over living in the Hawkesbury?



Would you like to:

- **Make some new friends?**
- **Get out of the house more?**
- **Take up a new hobby or revisit an old one?**

**HEALTH CONNECTORS ARE NOW IN THE HAWKESBURY**

**There are lots of ways you can make new connections but sometimes it's hard to know where to start.**

**A great first step is to make an appointment to see a Health Connector at a local general practice.**

Health Connectors will sit and talk with you one-on-one to see what you need and give you information about community activities, volunteer programs, social or support groups, and transport options to get there.

Health Connectors have dedicated time to have a yarn and help you make community connections to improve your health and well-being.

For more information call **4708 8100**.

[www.MyHealthConnector.com.au](http://www.MyHealthConnector.com.au)

 **Bligh Park Family Practice**  
Shop 10-6 Colonial Drive, Bligh Park 4572 7222

 **Hawkesbury Family Practice**  
86 Lennox St, Richmond 4578 9399

 **McGraths Hill Medical Practice**  
92 Pitt Town Rd, McGraths Hill 4577 5367

 **MyHealth – Kable Street**  
2 Kable St, Windsor 4577 5622

 **MyHealth – North Richmond**  
Lvl 1, North Richmond Village,  
6-16 Riverview St, North Richmond 9161 8086

 **North Richmond Family Medical Practice**  
12 Grose Vale Rd, North Richmond 4571 3399

 **Dr. Warwick Mackay**  
491 George St, South Windsor 4577 2422



*This is a free service for people 75 years or older or 65 years if you are an Aboriginal or Torres Strait Islander person.*

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