

Are you over 75 and living in your own home or independent 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 are trained nurses who will talk with you one-on-one to see what may suit you and give you information about local services like classes, social or support groups, volunteer programs and transport options to get there.

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

For more information call **4708 8100**.

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.

The Social Connectedness of Older Australians project is being delivered in the Hawkesbury by the Nepean Blue Mountains PHN with funding from the Australian Government Department of Health. Wentworth Healthcare Limited (ABN 88 155 904 975) as Nepean Blue Mountains PHN. 379_0220