



DAY REHABILITATION *at Wolper*

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WOLPER
JEWISH HOSPITAL

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President's Message

I recently had the pleasure of hearing Israel's Prime Minister Bibi Netanyahu speak whilst he was in Sydney. Reflecting on what he had to say about the very close friendship between Israel and Australia, I ask:

Would the Sydney Jewish community decide to build its own hospital in 2017 if Wolper Jewish Hospital was not operating so successfully today after its establishment in 1961?

The answer is probably NO given that approximately 70% of Wolper's patients are not Jewish.

So why is the Sydney Jewish community fortunate to have Wolper?

Firstly, Wolper provides an outstanding quality of care for our patients and enjoys a commensurate reputation second-to-none across the Jewish and non-Jewish communities.

Secondly, Wolper is financially viable. Although Wolper is one of the JCA's 24 constituent members it does not, and has not for the last 50 years, asked for - or received - any funds from the JCA's annual allocation of funds donated by the Jewish community.

Wolper will continue to be sustainable for the foreseeable future without receiving financial support from the JCA or Government.

Wolper as a not-for-profit hospital sponsored by the Sydney Jewish community offers a better quality of care than the privately owned for-profit hospitals as it doesn't need to earn a financial return on its investment.

Wolper's Board of Directors and its Management budget for, and achieve, a break-even result on

operations even after providing additional medical resources as well as extra nursing and allied health staff to that which is normally provided in other hospitals.

Wolper's cash surpluses are generally put aside for future capital needs and our overall surpluses, after taking into account abnormal items of income and expenditure including donations and bequests, are used to fund worthwhile community health care programs either directly by the Hospital or through the Wolper Jewish Hospital Healthcare Foundation.

Thirdly, Wolper offers the very best of sub acute quality hospital care to not only our own Jewish community but also to members of the broader general community in a totally Jewish environment.

Whilst under Wolper's care all of our non-Jewish patients receive information about Jewish values and beliefs and experience a Jewish way of life including our delicious Kosher meals. They always leave the Hospital with a better understanding of Judaism having participated in the many Chagim that we celebrate and our regular Shabbat dinners.

Hopefully after their Wolper experience and with this information they become more aware of our relatively small but very active Australian Jewish community and also contribute to the friendship that exists between Australia and Israel by becoming stronger advocates of the spiritual home of the Jewish people.

I wish to take this opportunity to wish everyone a wonderful Pesach with family & friends. CHAG KASHRUTH PESACH.



Daniel Goulburn
President, Wolper Jewish Hospital



Ruth Guth, Wolper Community Partnership Officer, hands Mrs Faina Wax her mishloach manot

Purim gifts from Moriah

As they do each year, the families of children at Moriah and Mt Zion Early Learning Centres delivered mishloach manot (gifts of food and drink) for the patients to celebrate the festival of Purim.

The mishloach manot, which always impress with their delicious treats and festive wrapping, were distributed to all Wolper patients by our Community Partnership Officer, Ruth Guth.

The Management and staff of Wolper would like to thank Moriah and Mt Zion for these beautiful gifts.

Below: Moriah parents Loren Jaffe and Lindi Klein deliver the mishloach manot from the children



Day Rehabilitation at Wolper

Wolper's Day Rehabilitation Program is ideal for patients with established rehabilitation needs that do not require 24 hour nursing care. Patients who will benefit from the program are those needing:

- Orthopaedic and musculoskeletal rehabilitation - those who have had recent joint replacements, fractures, soft tissue injuries, arthritis or other orthopaedic surgery.
- Neurological rehabilitation - those who have had a stroke, suffering from a movement disorder, Parkinson's disease or Multiple Sclerosis.
- Cardio- pulmonary rehabilitation - those who have had recent cardiac surgery, including stents and bypass, or recent cardiac/respiratory events including chronic heart disease/failure or COPD.
- Spinal rehabilitation - those who have had recent spinal surgery, fractures or injuries.
- Oncology rehabilitation - those who are currently undergoing chemotherapy or radiation or those who have completed their treatment following a cancer diagnosis. This program aims to reduce cancer-related fatigue, decrease the occurrence of deconditioning following treatment while improving general wellbeing including mental health.
- Reconditioning – for those who require strength and conditioning following hospitalisation, illness, disability or recent falls.

The program typically runs for three hours, 2 -3 times a week for four weeks. This incorporates individually tailored physiotherapy or occupational therapy services, a light lunch, and hydrotherapy in our heated chlorine-free pool.

You'll be cared for by a highly experienced team that will work collaboratively to achieve your goals.

Our team includes:

- A rehabilitation physician (member of the Australasian Faculty of Rehabilitation Medicine)
- Physiotherapists
- Occupational Therapists
- Exercise Physiologists
- Nursing and wound care staff
- Other allied health staff as required



Talk to your GP or specialist about being referred to Wolper for Day Rehabilitation, or contact us on 8324 2261.



Staff Education – conducted by staff!

Feedback from staff surveys have indicated that Wolper staff highly value career education.

As a follow up Praveen Kumar, Wolper Rehabilitation Operations Manager & Hospital-wide Educator, further surveyed nursing staff to determine the areas in which they would like further training.

"Our nursing staff come to us with extensive experience in a diverse range of nursing disciplines," said Praveen. "I realised that we have much of the knowledge in-house to provide a good amount of the education being requested."

Members of nursing staff will be asked to conduct some research into their particular area of expertise and will present an education session to their nursing colleagues.

"We're looking forward to doing something a little different, sharing information and sharpening our skills," Praveen continued.

Nursing staff will commence working on their research and delivering their presentations after accreditation in early March.



Praveen Kumar
Rehabilitation Operations Manager / Education

Nursing Graduates



Left to right: Kulsum Nisha and Emily Nguyen – Wolper's new Registered Nurses

Two of our support nursing staff, Emily Nguyen and Kulsum Nisha, have completed their Registered Nurse training and following an interview and selection process, have been offered positions as new graduate Registered Nurses. Emily and Kulsum will be doing

six month placements on both our medical and rehabilitation wards and will be attending study days throughout the year.

"Both Emily and Kulsum are well known throughout the Hospital and I am very pleased Wolper has been able to support them as they progress their careers," said Tina Boger, Wolper Director of Clinical Services. "I would like to congratulate them and look forward to continuing to work with them."



Tina Boger
Director of Clinical Services

New Observer on the Wolper Board



Founded in 2012, the Observership Program provides the opportunity for young, talented and energetic individuals to gain invaluable experience as 'observers' of not-for-profit boards.

The 12-month program provides Observers with firsthand exposure

to the role of the Board, its decision-making processes and operations. They are encouraged to participate in Board discussions and be a member of at least one Board sub-committee.

Also provided are training and mentorship designed to give the Observer the important skills they will need should they seek a permanent role in a boardroom.

This year, Wolper welcomes Dr Steven Gluckman as its Board Observer.

Steven is a recently graduated doctor with a passion for community service and communal life.

He obtained a Medical Sciences and Medical degree from the University of Sydney, and is currently an intern at the Prince of Wales Hospital, Randwick.

Steven's previous communal experience includes a significant involvement with the Special Needs Support Services in his roles as companion, senior leader and committee member of Camp Sababa and as founder, director and advisor to Sababa Lagumba. He has also been involved with the Sony Foundation and Raymond Weil's Holiday Camps for young adults with special needs.

Steven's aptitude for community engagement has also been demonstrated through his involvement with JewishCare's Big Brother program and he has represented the Jewish community to the broader Australian community through Stand Up's Derech Eretz and Camp Connections programs.

Steven is very clearly committed to making communal engagement and service an integral part of his life and all at Wolper are looking forward to his contribution to the Board.



Allied Health Year In review

Inpatient Rehabilitation

Over the course of the last year Wolper's physiotherapy team has enhanced the delivery of rehabilitation to our patients by placing additional emphasis on staff education. Our department undertakes at least fortnightly education and training sessions and we have implemented a strong mentoring program for junior staff. Additionally we have strengthened communication ties and relationships with our referring surgeons, ensuring our rehabilitation continues to be of the highest quality.

Inpatient Education

Weekly education programs are now offered to all patients, informing them of the rehabilitation process including the purpose of the different types of therapy we utilise, expected recovery goals and timeframes.

MoveWell

For those individuals who may not require Day Rehabilitation and who want to focus on maintaining an active lifestyle, our MoveWell program expanded during 2016 to offer a range of classes including: aqua core classes and gym classes focussing on strength and conditioning, balance and our newly introduced tai chi classes. Our talented accredited exercise physiologists are looking in 2017 to start new and

exciting programs to help individuals become healthier, stronger and lead more active lifestyles. Turn to page 7 for more information on Wolper's MoveWell program.

Slow Stream Rehabilitation

In July 2016, Wolper introduced a geriatrician-led slow-stream rehabilitation service in our Medical Ward. Our Allied Health team, including physiotherapists, occupational therapists and exercise physiologists, play a key role in this inpatient program providing twice daily rehabilitation sessions 6 days per week, enabling patients to receive more comprehensive care and quicker recovery times. Our patients are in the excellent care of our specialist geriatricians, Drs Elizabeth Harper, Nic Mills and others.

Day Rehabilitation

This last year saw considerable focus on professional development for staff and included:

- an ongoing review of literature to ensure all tests being conducted are best practice. Practices were modified where required to reflect changes in approach.
- changes to the way we deliver hydrotherapy to improve patient engagement and satisfaction.
- ensuring patients' goals are discussed in detail at their first session to ensure rehabilitation sessions deliver the best and most relevant outcomes.

I would like to thank Wolper's incredible Allied Health team as we look forward to a busy and successful 2017.



Geoff Blicblau
Allied Health Manager
Head of Day Rehabilitation



Quality Update

Hand Hygiene Audit Results – Hand Hygiene Australia

Audit Period 1 is almost over and Wolper's compliance is currently 87.3% with the national average at 84.5%. We are on track to match our excellent result from the last audit period of 88.2%. These great results come after comprehensive Hospital-wide training as well as an increase in the number of auditors. New hand hygiene products have also been installed throughout the Hospital in many additional sites. Hand hygiene brochures are conveniently located for patients and visitors at reception, nurse's stations and patient lounges as well as inside all patient information packs.



Food Safety Audit

The latest Food Safety Audit held at the end of December achieved a 100% result! Congratulations to Judy Amzalak, Wolper Food Services Manager, and her wonderful team in the Food Services department. To read more about this, turn to page 11.

Consumer Participation

Research has shown that when healthcare providers, managers, patients and their families work in partnership:

- the quality and safety of healthcare increases
- costs decrease
- provider satisfaction increases
- patient care experience improves¹

Wolper is committed to partnering with patients and carers to support the continuous improvement of Hospital processes.

1 "Patient Centred Care. Improving Safety and Quality through partnerships with patients and consumers" Australian Commission on Safety and Quality in Healthcare. 2011

In November 2016 two consumers were asked to speak at our nurse's education day. One was a formally trained representative from Health Consumers NSW who gave a very interesting presentation on what consumers can bring to an organisation and how to empower them in this role. The second was a recently discharged patient who talked candidly about her experience as both an inpatient and Day Rehabilitation patient. Both provided valuable insights and identified opportunities for improvement that are being explored e.g. clearer explanations about "why", not just "how to" in post-discharge instructions and signage reviews.

Consumer Review

High falls risk sign for visitors

During late January and early February, five Medical patients were asked to review a new sign designed to ensure visitors are aware of the need to ask for staff assistance when a patient at a high risk of falling needs to mobilise. This review resulted in a modification to the sign ensuring greater visibility for visitors and safety for patients. An excellent quality improvement directly attributed to our consumers.

Reaccreditation Audit

In early March, Wolper will be undergoing the obligatory three - yearly Accreditation Audit against the National Safety and Quality Health Service Standards. It is a requirement for all hospitals to be accredited every three years against all 10 National Standards, in addition to periodic interim reviews against priority standards.

All staff throughout the Hospital are busy looking at their areas, ensuring continued compliance with the National Standards. It's a huge task given that we are dedicated to not just complying to standards but to exceeding them. We'll include an update on our audit performance in our June newsletter.

Antibiotic Stewardship

Our Pharmacist has recently conducted an antibiotic usage audit and we are currently working on an action plan with our Visiting Medical Officers to maximise our efforts to alleviate the global threat of antibiotic resistance.

Emily Pezzotti
Quality Liaison



Like

Look us up on facebook!
facebook.com/wolperhospital



New classes in Wolper's MoveWell program

Wolper's MoveWell program is now one year old now and has proven to be a great success.

The program was designed to encourage and facilitate a healthy lifestyle through daily group exercise classes.

For over a decade, Wolper has provided the highest levels of physiotherapy, occupational therapy and hydrotherapy for orthopaedic rehabilitation, especially following joint replacement. With the MoveWell program, Wolper is extending its scope to provide a more holistic rehabilitation service, including physical fitness and education classes to all members of the community.

In fact, with MoveWell, Wolper is now able to support our patients from inpatient rehabilitation, through Day Rehabilitation once they no longer need twenty-four hour nursing care and are ready to return home, through to enabling them to continue to lead a fit and healthy lifestyle post-rehabilitation.

Sylvia Deutsch OAM has been attending MoveWell classes since the program began and commented:

"I can walk, I can go up and down stairs, I can catch public transport, I can use escalators: all this was almost impossible for me a year ago. Then I had a double knee replacement and came to Wolper Jewish Hospital for intensive rehabilitation. Those first three months of intensive rehabilitation set me on the road to recovery. But it was the ongoing MoveStrong exercise classes that have been truly helping me to return to mobility. I have been a regular, twice a week since their inception a year ago, and I attribute my steady improvement to these classes. They have built up my strength and play a pivotal role in improving my quality of life. A great program!"

MoveWell classes include:

MoveStrong – Strengthening and Conditioning

Suitable for participants that are independent and looking to improve strength, flexibility and fitness.

MoveSteady – Falls and Balance Class

Suitable for those that are independent or use a walking stick/frame. Exercises focus on balance, leg strength and posture to reduce the use of aid and prevent falls.

MoveBig - For people diagnosed with Parkinson's disease

This circuit class is based on the LSVT Big protocol and focuses on high amplitude, big movements in order to improve strength, balance and confidence.

AquaMove - Aqua-Aerobics

Classes focus on increasing and maintaining body strength, flexibility and function via water-based exercise which supports the body and reduces impact on joints.

New classes

Tai Chi - Shebashi

Tai Chi is a gentle form of exercise focusing on slow, controlled movements. Benefits include improvements in strength, posture, balance, mental relaxation and breath control.

AquaCore – Aqua-based Core Strengthening

Designed to strengthen the deep muscles around the spine and the pelvic floor muscles that form the core via water based exercise.

Women only classes are held on Wednesday nights at 6pm.

These focus on pre/post natal, pelvic floor weakness and postural correction.

For more information on Wolper's MoveWell program, please see the news box on the front page of the Wolper web site at www.wolper.com.au



Alan Jones' recovery at Wolper

One of Australia's most popular radio presenters, Alan Jones AO, has undergone his post-surgical rehabilitation at Wolper Jewish Hospital.

Mr Jones is a former coach of the Australian Rugby Union Team, rugby league coach and administrator. He has also worked as a school teacher and a speech writer in the office of the Prime Minister Malcolm Fraser.

Most recently, his talkback radio program on Sydney's 2GB boasts the largest breakfast audience in Australia and has recently topped the radio survey results for the 200th time - a world record.

Mr Jones underwent spinal surgery at St Vincent's Private Hospital in December. The surgery removed a damaged disc that had broken away and entered into his spinal cord. It was also determined that the L1, L2, L3, L4 and L5 passages needed to be widened. This complex surgery was conducted by neurosurgeons Dr John Sheehy, his protégé Dr Jacob Fairhall and Associate Professor Raymond Garrick AM. The surgery lasted 13 hours and the patient needed extensive rehabilitation as he recovered.

The suggestion to go to Wolper for the required rehabilitation was made by Mr Jones' medical team at St Vincent's.

"You couldn't find a better room at the Sheraton Hotel."

"I can't believe how lucky I am to find myself here," said Mr Jones. "There is no better place on the planet for rehabilitation. You couldn't find a better room at the Sheraton Hotel."

But it isn't just the room and its surroundings that Mr Jones praised when interviewed for this article. Mainly, he spoke of the staff and the wonderful care he has received while at Wolper.

"The staff here know their stuff and they treat you personally. Jeff is the best physio I have come across and I have been involved with sport and sporting injuries all my life."



Alan Jones with John Tucker – CEO (left) and Tina Boger – Director of Clinical Services (right)

Mr Jones continued, "There's something about the leadership and culture here. All the staff I've come across have the same caring attitude – nothing is too much trouble and all staff behave in the same way."

He wanted to acknowledge all Wolper staff including:

- Hospital management John Tucker – CEO, Tina Boger – Director of Clinical Services and Andrew Driehuis – Deputy Director of Clinical Services.
- Cleaning staff– who make sure Mr Jones' room is "always in perfect order".
- Physios - Jeff and Anita.
- All the nursing staff including Anshu, Colleen, Dawn, Mary, Paul, Sandra, Ricky, Roxanne and Ken, who would "pop in through the night with his torch, ready to help me with my pain."

Even Mr Jones' visitors have been impressed with their interactions with Wolper's staff.

When Mr Peter Lahood, fruit provedore at the Sydney Markets enquired after Mr Jones at reception, he was so charmed by reception staff that he ended up giving his gifts of cherries and mangoes to them rather than to the patient!

Mr Jones' stayed in Wolper over Christmas. Unfortunately he required further surgery after his discharge from the Hospital. We wish him all the very best.



Wolper and NSW Health Pathology sign Memorandum of Understanding in relation to Community Genetics Program (NSW)

Since 1995, Wolper Jewish Hospital has played a key role in the community genetics screening program started by Professor Leslie Burnett and others. Known as the Community Genetics Program (NSW), the program offers testing of senior high school students at Sydney's Jewish day schools and couples before they start their families. The couples testing takes place at Wolper and all laboratory testing is undertaken by NSW Health Pathology (NSW HP).

Descendants of the Ashkenazi Jewish population have an increased rate of carrying genes for several genetic conditions and it is therefore crucial that they undergo genetic testing before starting a family. It's important that both the father and the mother know if they are carriers of a genetic condition before falling pregnant.

The programs have been incredibly successful over the years, and Wolper is very proud of its involvement in them.

Recently a Memorandum of Understanding (MOU) was signed between Wolper Jewish Hospital and NSW HP, providing a high level framework for the operation and governance of both the schools and the couples genetic testing programs.

The MOU, signed by Daniel Goulburn (President of Wolper), Daniel Goldberg (Chairman of the Community Genetics Advisory Committee and Board member of Wolper) and Professor Robert Lindeman (Executive Medical Director of NSW HP), outlines the details of the programs and each parties' commitment to their operation.

Broadly, Wolper's role is to act as the liaison between NSW HP and the Sydney Jewish Community promoting and facilitating the testing programs, and to provide facilities for the couples testing. NSW HP's role is to arrange for sample collection and testing, to report results to participants and to arrange genetic counselling (where required).

The MOU also addresses the important issue of data protection, back-up and confidentiality in accordance with best practice, ethical standards and privacy laws.

Commenting on the signing of the MOU, Daniel Goldberg said "We are delighted with the continued success of the Community Genetics Program (NSW) and our ongoing partnership with NSW Health Pathology. The new Memorandum of Understanding outlines each party's role in the program and sets the basis for many more years of contribution to the Sydney Jewish Community."

Wolper Jewish Hospital's Genetics Testing program offers free screening for a number of genetic diseases including Tay-Sachs, Cystic Fibrosis, Canavan Disease, Fanconi Anaemia and Familial Dysautonomia. Couples can book to be tested by contacting Wolper on 9327 6077.

Students at Sydney's Jewish day schools will be made aware of arrangements for their testing through their school.



Left to right: Professor Robert Lindeman - Executive Medical Director of NSW HP, Daniel Goulburn - President of Wolper, Daniel Goldberg - Chairman of the Community Genetics Advisory Committee and Wolper board member sign the Memorandum of Understanding at Wolper Jewish Hospital.



HOT OFF THE PRESSES FROM GIFT OF LIFE

- Four potential donors tested by Gift of Life Australia have been found to be possible matches for Jewish Leukaemia patients! They are undergoing Confirmatory Testing to see if they are indeed perfect matches.

All four were all tested at Wolper - 16 years, 10 years, 5 years and 6 months ago.

- There is currently a Leukaemia patient at St Vincent's Hospital receiving a stem cell transplant from an American Gift of Life donor.



Kesser Torah year 3-4 students enjoying their doughnuts

Chanukah festivities at Wolper

Students from years 3 and 4 at Kesser Torah College came to Wolper to perform a pre-Chanukah concert for patients and visitors.

Teacher Rochel Blasenstein had prepared them well, and the Chanukah songs were sung with joy and enthusiasm. The children and patients loved the jam doughnuts and each received a bag of chocolate coins – traditional Chanukah fare.



Christine Wright, Rosie Kastel, Dina Lowinger, Sima Barber, Racheli Butnaro, Leah Tuvel, Peta Bailey, Shira Zaetz, Tehilla Blackman.



Liorah Kessel, Pearl Krassenstein, Gloria Edwards, Tzofia Isacowitz, Laila Feiglin



Shira Zaetz, Tybie Sack, Rachel Chriqui, Stacey Benstock, Chaya Groner, Chantal Danieli



Would you prefer to receive the Wolper Pulse via email?

Please send an email to newsletter@wolper.com.au





Valentine's Day delight at Wolper

For 6 years now, Michael Rubinstein and his daughter Tali have been visiting Wolper on Valentine's Day armed with dozens of red roses. They first prepare each rose, placing them in a cup of water, and then present them to patients, staff and sometimes visitors as well. The reward they reap is the delight of the recipients.

This year Michael arrived without Tali as she is now in Year 12 and focused on her studies. However she still found time to join Michael after school to do distribute red roses at the Royal Hospital for Women.

They leave behind them a lot of smiles!



Mother and son....
Valentine's Day at Wolper

Above: Michael Rubinstein delivers a red rose on Valentine's Day at Wolper



Christmas Day at Wolper

Patients in Wolper on Christmas Day at Wolper enjoyed a very special Christmas menu. Kosher, of course!

We hope everyone staying with us enjoyed every dish.

Right down to the artisan-made individual Christmas Ice Cream Bombes.



What's cooking at Wolper?

During the summer holiday season, the team behind the doors of Wolper's kosher kitchens cleaned and polished their new kitchens with lots of pride in anticipation for a NSW Food Authority Audit. The Auditor arrived on 3 January to inspect the kitchens, our food operations procedures and evidence of food safety. We scored a perfect score of 100%! So you see, while some patients may view our food processes - such as taking trays away within the hour after serving - as being too hasty, we are in fact complying with National requirements. We take our responsibility to ensure your food safety whilst in our care very seriously.

Currently, the big question around the Hospital is "Passover.... is it that time again?!"

In the Food Service office, we are currently working hard detailing operational procedures to ensure the smooth transition to our Passover kitchen, recipe testing and preparing the Passover menu itself, as well as writing documents to ensure effective communication with all concerned.

Perhaps you'd like to do your own recipe testing of a very well received Passover recipe from last year. ENJOY!

Wolper's Passover Stuffed Mushrooms

Serves 6

Ingredients:

- ½ onion, finely diced
- 1 clove garlic, finely crushed
- ¼ cup pan roasted walnuts, chopped
- ¼ cup parsley, finely chopped
- 1 tablespoon oregano, finely chopped
- 75g goat cheese
- 6 large flat mushrooms
- 12 fresh vine leaves
- 1 tablespoon oil

Method:

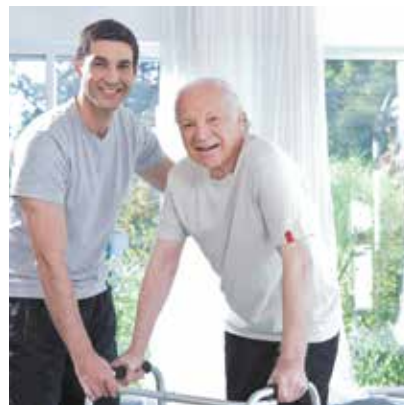
Sauté onion, garlic, diced mushroom stalks in oil till soft. Remove from heat.

Add walnuts, parsley, oregano, goat cheese, mix and season with black pepper and salt.

Lay 6 vine leaves flat into a baking tray, top with mushroom and add the filling mixture evenly onto each mushroom, top with another vine leaf. Drizzle with olive oil.

Baked 20 minutes at 180°C

WOLPER
Wellbeing
PROGRAM



Wolper Wellbeing Program 2017

All programs at Event Cinemas,
Westfield, Bondi Junction, at 7.30pm

Wednesday
17 MAY

Q AND A: DYING WITH DIGNITY

Monday
3 JULY

Q AND A: LIVING WITH DIABETES

Wednesday
13 SEPTEMBER

CARDIAC AND VASCULAR DISEASE
Includes Atherosclerosis.

Wednesday
29 NOVEMBER

Q AND A: ANXIETY AND STRESS

For more information call 9328 6077 or visit www.wolper.com.au