



A UQ Healthy Living opportunity

HARMONY WEEK in March is a celebration that recognises our diversity and brings together Australians from different backgrounds. Its about inclusiveness and a sense of belonging.

UQ Healthy Living at Toowong celebrates both inclusiveness and healthy living for those over 50.

Friends and family from culturally and linguistically diverse backgrounds are invited to an Open Day at our facilities at Centra.

Date: Saturday 16th March 2024

Time: 1.00pm – 3.00pm

Where: Centra, Level 3/37 Archer Street, Toowong

Visitors are welcome to try out the latest in healthcare including the smart technology of our ergonomic fitness equipment, and will receive information about our programs:

- Good Living for Arthritis - Demark & LiveWell diabetes management
- CarFreeMe - coping with loss of driving
- Educational programs - Tech2Connect

Our team will be on hand to answer questions, discuss equipment and services, and guide visitors through our facility.



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