

# Chinese Health Seminar

Theme: Prevention of Springtime Health Conditions

When: Friday 20 August 2021, 10:00—12:00pm

Where: Northcote Citizens Centre

1 Ernie Mays St, Northcote, Auckland

## Guest Speaker: Jessie Liu

- Family doctor
- Director/ CEO of Windsor Medical Centre

*All are welcome to join and update Covid-19 vaccine information. Also learn about ways to prevent seasonal health issues in Springtime. Activities will be included for Māori song, hand clapping exercise, and Questions Game.*

A light lunch will be provided, please contact Lily for catering purposes.

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