

What's On
March 2012

SECRETS TO LIVING A LONG AND HAPPY LIFE SHARED THIS SENIORS WEEK FREE SYDNEY CBD WORKSHOP

It's never too late to change your lifestyle habits to help you live a long and happy life but this doesn't mean you need to torture yourself with diet and exercise.

During NSW Seniors Week (18-25 March, 2012), NSW Trustee & Guardian is holding a **FREE** CBD lunchtime workshop on **Thursday 22 March**, featuring longevity expert Nicola Gates, who will reveal handy tips you can try to help you live a long and happy life.

The event which will take place at the **Wesley Conference Centre - 220 Pitt Street, Sydney**, will uncover ways that go beyond a diet of carrot sticks and spending painful hours on a treadmill to help you prolong your life and keep it fun and positive.

Light refreshments will be available from **10.00am** and the workshop will run from **10.30 to 11.30am**.

Entry to the workshop is free but **tickets must be booked**. To reserve a ticket phone **02 9240 0797** or book online at **www.makeyourwill.com.au**

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About NSW Trustee & Guardian

NSW Trustee & Guardian was formed by a merger of Public Trustee NSW and Office of the Protective Commissioner and Public Guardian. With almost 100 years experience in Will making, estate planning and executor services for the people of NSW, NSW Trustee & Guardian is the State's leading Will maker.

For further information about NSW Trustee & Guardian or the Seniors Week Workshop please contact:

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