

SCHEDULE

OF GUEST SPEAKERS FOR THE NEXT FEW MONTHS



**14
JUL**

BOOTS, BANDAGES AND BRAVERY

Come and meet SES Commander John Lewis from Coonamble! It's a practical chat about first aid essentials and the world of SES emergencies.

**11
AUG**

KNOW THE SIGNS, SAVE A LIFE!

Stroke is a medical emergency. Dr Sumitha Gounden, Rehabilitation Specialist, and Fiona Ryan, Stroke Care Coordinator, will take us through the common signs of stroke and when to call an ambulance.

**8
SEP**

ESTATE PLANNING ESSENTIALS

Many of us think a Will is enough, but true peace of mind comes from a complete Estate Plan. Amanda Ferrier from Cheney Suthers will explain what every woman needs to do.

**13
OCT**

OSTEOPOROSIS: THE SILENT THIEF

Around the world, one in three women over the age of 50 will suffer a broken bone due to osteoporosis. Dr Sumitha Gounden takes us through prevention, diagnosis and treatment.

ORANGE OLDER WOMEN'S NETWORK

OWN.ORANGE@OWNNSW.ORG.AU OR JULIE 0437 006 224

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