

# 2022 Multicultural Wellness Expo

FREE EVENT

21 & 22 OCTOBER 2022 | 10AM - 4PM

## VENUE

HILLVIEW INTERCULTURAL COMMUNITY CENTRE  
1-3 Hillview Place, Bentley WA 6102

FOR MORE INFORMATION & TO RESERVE TICKETS:



info@culturecarewa.org.au



\*\* Limited parking. Public transport is strongly encouraged.



"Accessing accurate health information and channels in your language"

Organised by



www.culturecarewa.org.au

## EVENT HIGHLIGHTS

Roll up  
for WA

COVID-19 Vaccination

Pop-Up Clinic



Lucky draws



Community health talks



Cultural performances & activities



By bilingual health professionals



Free health & fitness exercise activities



Interactive sessions



Free meals  
(Limit of 80/day. T&Cs apply)

Supported by



Partner organisations:





# 2022

## Multicultural Wellness Expo



HILLVIEW INTERCULTURAL COMMUNITY CENTRE  
1-3 Hillview Place, Bentley WA 6102

**\*\*Free feature health talks/activities which require separate registration**



Scan me

Fri, 21 Oct 2022  
Main Hall, 12pm-1pm  
Health Talk:  
**COVID-19 Vaccination**  
Speaker:  
South/East Metropolitan  
Health COVID Vaccination  
teams



Scan me

Sat, 22 Oct 2022  
Kaartij Mia Room,  
11:30am-12:30pm  
Health Talk: **Hypertension**  
Speaker:  
Dietitian Aska Yang



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Fri, 21 Oct 2022  
Main Hall, 1pm-2pm  
Health Talk:  
**Diabetes Prevention & Diet**  
Speaker:  
Dietitian Priscilla Lee



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Sat, 22 Oct 2022  
Kaartij Mia Room,  
12:30am-1:30pm  
Health Talk: **Sleep Health**  
Speaker:  
GP, Dr Ong Say Gark



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Fri, 21 Oct 2022  
Bardip Mia Room, 1pm-3pm  
Activity:  
**Community First Aid Training**  
Instructor:  
Royal Life Saving WA



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Sat, 22 Oct 2022  
Kaartij Mia Room,  
1:30am-2:30pm  
Health Talk:  
**Emergency Medical Help**  
Speaker:  
Health Consumers' Council



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Sat, 22 Oct 2022  
Kaartij Mia Room,  
10:30am-11.30am  
Activity: **Yoga**



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Sat, 22 Oct 2022  
Kaartij Mia Room,  
2:30pm-3:30pm  
Activity: **Zumba**

Organiser:



Supported by:



Partner organisations:





# Program Rundown

## Friday, 21 October 2022

### Main Hall

|         |   |
|---------|---|
| 10:00am | Opening   |
| 10:05am | Welcome to Country<br>Singing Performance (Redcliffe Primary)   |
| 10:15am | Welcome Speech<br>CCWA's Chairperson Dr Lee Lee Tan<br>City of Canning's Mayor Patrick Hall<br>Federal MP for Tangney Sam Lim |
| 10:40am | Martial Art Performance<br>(Redcliffe Primary's Students & Instructors)   |
| 10:50am | Traditional Thai Dance  |
| 10:55am | Traditional Chinese Dance   |

—End of Opening Ceremony—

|         |                                     |
|---------|-------------------------------------|
| 11:10am | Traditional Thai Dance              |
| 11:15am | Fitness Exercise                    |
| 12:00pm | Vaccination Talk                    |
| 1:00pm  | Health Talk (Diabetes)              |
| 3:00pm  | Lucky Draw - Blood Pressure Monitor |

|                |   |
|----------------|---|
| 10:30am-3:00pm | Health Check and Enquiry<br>(Registered Pharmacist) |
|----------------|---|

### Danjoo Mia Room

|                |               |
|----------------|---------------|
| 10:30am-3:30pm | Pop-Up Clinic |
|----------------|---------------|

### Bardip Mia Room

|               |                              |
|---------------|------------------------------|
| 1:00pm-3:00pm | Community First Aid Training |
|---------------|------------------------------|

## Saturday, 22 October 2022

### Main Hall

|         |   |
|---------|---|
| 10:00am | Opening   |
| 10:05am | Traditional Chinese Dance   |
| 10:10am | Tai Chi Session   |
| 11:00am | Traditional Vietnamese Dance<br>Vietnamese Cooking Demonstration<br>Floral Arrangement & Keyboard Playing |
| 11:30am | Live Music Show   |
| 12:00pm | Fitness Exercise  |
| 1:00pm  | Chinese Music & Lantern Making  |
| 2:00pm  | Lucky Draws - Dyson V7 & Blood Pressure Monitor   |
| 3:00pm  |   |

|                |   |
|----------------|---|
| 10:30am-3:00pm | Health Check and Enquiry<br>(Registered doctor and allied health) |
|----------------|---|

### Danjoo Mia Room

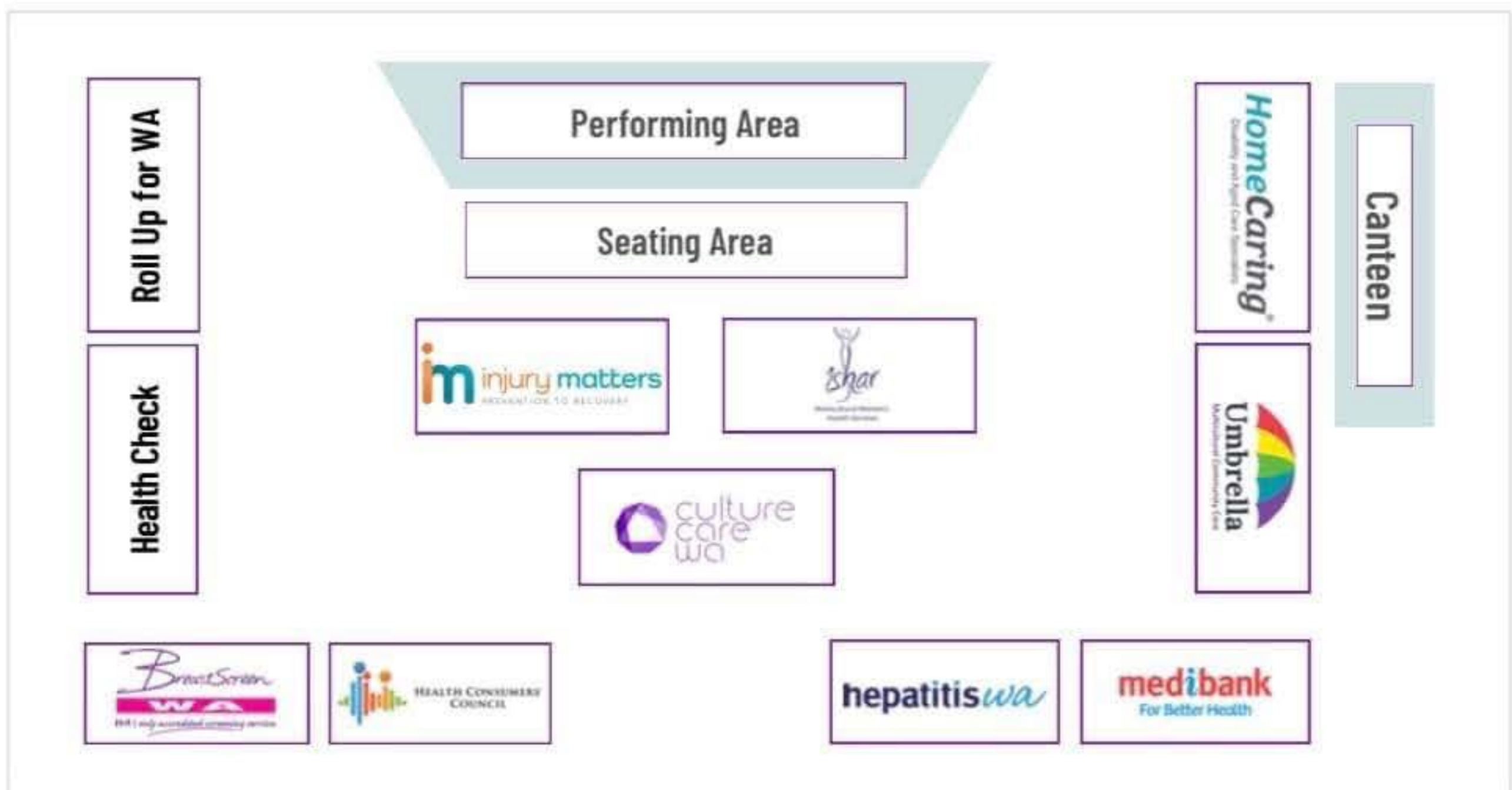
|                |               |
|----------------|---------------|
| 10:30am-3:30pm | Pop-Up Clinic |
|----------------|---------------|

### Kaartij Mia Room

|                 |                                      |
|-----------------|--------------------------------------|
| 10:00am-10:30am | Meditation                           |
| 10:30am         | Yoga                                 |
| 11:30am         | Health Talk (Hypertension)           |
| 12:30pm         | Health Talk (Sleep Health)           |
| 1:30pm          | Health Talk (Emergency Medical Help) |
| 2:30pm          | Zumba                                |



# Our Exhibitors



### Organiser:



### Supported by:



### Partner organisations:

