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Dear << Test First Name >>

Wow, this is our 4th issue and we are happy to announce some very exciting new activities and courses that are running in the evenings. We are all very pleased that spring is just around the corner which means Elwood will be full of a beautiful jasmine smell in the air. We hope you enjoy this newsletter and please feel free to let us know if you have ideas for new courses for us to deliver.



Free hearing checks by Australian Hearing! As part of your health check get your hearing checked too.

Customers will receive a free 20 minute hearing test and information on their hearing health. Sixty per cent of people over 60 experience hearing loss. It's important to check your hearing regularly.

**As part of your
health check
get your hearing
checked too.**

Make a hearing screening part of

**Free hearing screenings
available on :**

- **Date:** Tuesday 9th October
- **Time:** 3:00 - 4:30pm
- **Where:** ESNLC, 87

Tennyson St., Elwood, VIC
3184

your regular health check

Free hearing screenings available on:

Date: Tuesday 9th October 2018

Time: 3:00-4:30pm



Australian Hearing

131 797
www.hearing.com.au

If you are interested, please, call us on 9531 1594 or pass by to book your hearing check.

For more information about **Australian Hearing** click [here](#).

Programs & Facilities

Computer Skills for your Small Business

Learn computer skills for your small business such as creating a logo, letterhead brochure or newsletter; manage your contacts; manage your cashflow; learn online marketing.

Starting 15th October for 7 weeks.
Mondays 7pm to 9.30pm

More information and booking [here](#)!

How to Successfully run an AirBnB

For a room or a whole house. Make the most out of running an AirBnB including the pitfalls and handy tips.

Starting 18th October for 4 weeks.
Thursdays 7-9pm

More information and booking [here](#)!



Free YOGA NIDRA SESSIONS to ESNLC members!



Every Friday morning, starting 24th August 2018 until the end of 2018, the wonderful **Pat** will be volunteering as a **Yoga Nidra** facilitator to support volunteers and members.

There is a choice of 3 appointment times, 9.30am, 10.15am or 11am and sessions go for 45 minutes



10. Team of 11 and sessions go for 40 minutes.

Please bring a yoga mat, blanket or large towel to lie on, and a blanket, wrap, etc., to cover yourselves with during the practice. Thick, warm socks can also be really nice. Please refrain from wearing perfume or strong fragrance to the session.

Sessions can be one-on-one, with a partner or friend or small group. **Hurry and book your spot by calling 9531 1954 as places are limited!** If you would like to become a member to take advantage of this amazing opportunity please visit us at the Centre.



Membership is only \$1.

More details about Pat and Yoga Nidra [here!](#)

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 [To find out more about courses and to learn more visit our website:](#)

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