

Where to
find the
festival



FESTIVAL HUB

Coburg
Victoria Mall,
Victoria St, Coburg

Fawkner
CB Smith Reserve,
79 Jukes Rd, Fawkner

ACTIVITY LOCATIONS

- > 93 Bell St, Coburg
- > 21 Victoria St, Coburg
- > Level 2, 110 Chifley Dr, Preston
- > 382-386 Moreland Rd, Brunswick West
- > Hume Global Learning Centre, 1093 Pascoe Vale Rd, Broadmeadows
- > Merrilands Community Centre, Cnr Asquith & Sturdee St, Reservoir
- > Darebin Creek Reserve, Darebin Creek Trail, Bundoora
- > Newlands Community House, 20 Murray Rd, Preston

Contact



For more
information call
03 9350 4000

Merri Health
Registered Office:
11 Glenlyon Road,
Brunswick VIC 3056

www.merrihealth.org.au



WELCOME TO Merriville



COLOUR ME IN!

Colour-in Merriville and hand it in to one of our sites to go in the running to receive a \$50 Coles Myer voucher. There are runner-up prizes too!

4-8 DEC

Be Merri

Health & wellbeing festival



Take a look at
what we've got
planned – it's
all free!

What's happening

4 Monday

Victoria Street Mall:

HEALTH CHECKS

12pm-1pm

RSVP

SINGING GROUP

12pm-12.30pm

NDIS AND CARER INFORMATION

12pm-1pm

5 Tuesday

Victoria Street Mall:

OUTDOOR EXERCISE

12pm-12.15pm

CHILDREN'S FACE PAINTING

12pm-1pm

CARERS: HEALTH COACHING AND MORE

12pm - 1pm

Merri Health - Preston:

CARERS: 'HOW TO HAVE FUN'

11am-2pm

RSVP

Newlands Community House:

CARERS: PEER SUPPORT SINGING GROUP

PERFORMANCE

4.30pm-6.30pm

RSVP

6 Wednesday

CB Smith Reserve, Fawkner:

THE COMMUNITY GROCER FAWKNER

9.30am-12.30pm

CHILDREN'S ACTIVITY: PLANTING

9.30am-10.30am

VEGGIE BARBEQUE

12pm - 12.30pm

CARERS: HEALTH COACHING AND MORE

10am-12pm

HEALTH CHECKS

10am-11am

MAKE A BALLOON ANIMAL

10am-12pm

Merri Health - Moreland Road:

OPEN GARDEN

11am-11.15am

RSVP

Merrilands Community Centre:

YOUNG CARERS GET TOGETHER

4.30pm-7pm

RSVP

OPEN GARDEN

Come and visit the community garden and talk to the locals who maintain it.

7 Thursday

Merri Health - Moreland Road:

OPEN GARDEN

10am-10.15am

RSVP

Global Learning Centre:

CARERS: MEET AND GREET

10am-12pm

RSVP

Victoria Street Mall:

PHOTO BOOTH

12pm-2pm

STOP SMOKING INFORMATION SESSION

AND LUNG FUNCTION TEST

12pm-1pm

HEALTH CHECKS

12pm-1pm

RSVP

CARERS: HEALTH COACHING AND MORE

12pm-2pm

Darebin Creek Reserve

CARERS: WALK AND TALK

10am

RSVP

Merri Health - Bell Street:

MINDFULNESS SESSION

11am-11.30am

RSVP

8 Friday

Merri Health - Vic Place:

SCREEN PRINT YOUR OWN BAG!

10am-3pm

HEALTH CHECKS

10am-11am

RSVP

Merri Health - Moreland Road:

OPEN GARDEN

11am-11.15am

RSVP

HEALTH CHECKS
Blood pressure check
Type 2 diabetes assessment
Find out how much exercise
is right for you.

STAFF HEALTH CHECKS
We're also offering free health checks to Merri Health staff. Staff can sign up at merrihealth.simplybook.me

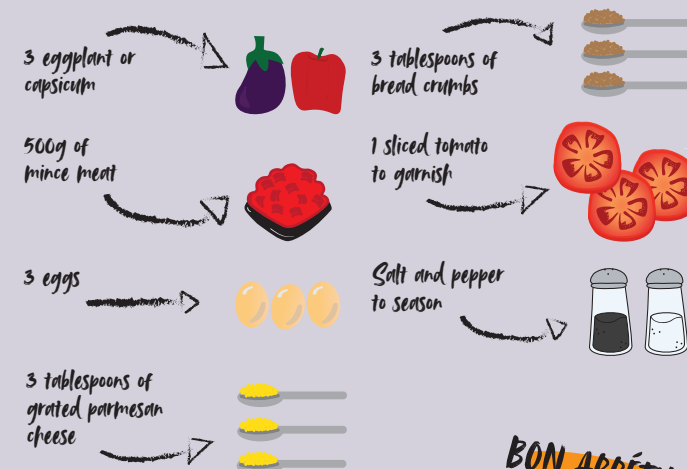
RSVP TO EVENTS BY VISITING
[MERRIHEALTH.SIMPLYBOOK.ME](https://merrihealth.simplybook.me)

Filled eggplant or capsicum

BY BEATRICE DI GIOIA

Serving notes: serves 2-3 people

Ingredients:



BON APPÉTIT!

Recipe:

1. Cut the eggplants or capsicums in half and spoon out a little of the inside.
2. Combine and mix the mince meat, eggs, bread crumbs, grated parmesan, and parsley. Add salt and pepper to taste.
3. Add mixture to the centre of each eggplant or capsicum.
4. Place sliced tomatoes over the top.
5. Place in an oiled tray and cook for 30 minutes on 180°C.

SCREEN PRINTING
Our talented clients have created a funky design for you to screen print on your own canvases bag.



CHILDREN'S ACTIVITY
Children can plant their own succulent or seedlings and take them home to watch them grow!

