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Wellness expo comes to Canterbury

Encouraging better health for our community is at the heart of everything we do.

That's why we've linked with the Lebanese Muslim Association to host the inaugural Community Wellness Expo this weekend.

The District's Chief Executive, Dr Teresa Anderson, said the expo is a unique chance to take a range of health professionals to the community.



"As a District, we offer a huge range of health services but we must ensure people know what these services are and how to reach them.

"We know there are some common health concerns for the Canterbury community, so the expo will help address those areas of health and make families aware of how to seek advice and care."

The expo will feature information and advice on offer from a range of Sydney Local Health District clinicians in child and family health, maternity, aged care, oral health, nutrition and exercise, mental health and plenty more.

LMA President, Samier Dandan, said the expo is a unique opportunity.

"We encourage all community members to gain information and advice about health issues and learn how to access services that are vital to their wellbeing. We haven't done a health event like this before and we are excited to be able to bring together NSW Health and the community in this expo."

The BreastScreen van will be on site to provide free mammograms, and local experts will offer chiropractic services, physiotherapy and hijama cupping. There will also be special guest appearances from professional boxers Billy Dib and Lauryn Eagle.

Interpreters will be available in six languages and food and children's activities will also be free for all in attendance.

The expo will be held at the LMA Grand Function Hall in Lakemba on Saturday 15 October, from 10am-4pm. Families and community members of all ages are welcome. For more information, contact the Lebanese Muslim Association on 9750 6833.