

LYMPHOEDEMA INFORMATION DAY & AGM

Date: Saturday 21st March 2020

Time: 8am – 9.30am Session for GP's and Health Professionals Only

10am – 5pm for Public Information Day (All Welcome)
(Check-in from 9am, includes refreshments & Trade Display)

Cost: \$25 Members; \$35 Non-members

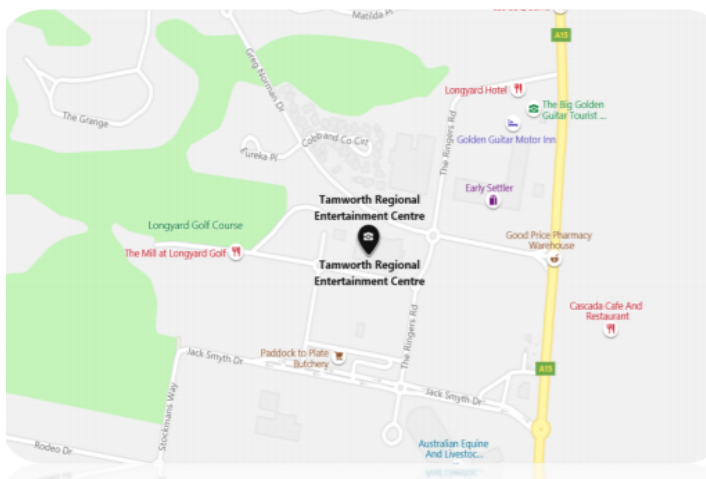
RSVP: by 9th March for catering purposes

Venue: Tamworth Regional Entertainment & Conference Centre, Greg Norman Drive, Tamworth New South Wales 2340



- **Program**
- Introduction to Lymphoedema
- Lymphoedema Management (infection risk, massage, exercise)
- Future direction for Lymphoedema
- Trade displays with the latest products
- Updates on Advocacy issues
- Annual General Meeting

Lunch and afternoon tea served



Tamworth Regional Entertainment and Conference Centre (TRECC) is located just 6 kilometres from the city centre, on the New England Highway and is within walking distance to good accommodation, retail and hospitality outlets..

Further Information and Membership Forms:

www.facebook.com/LymphoedemaSupportGroupNSW

www.lymphoedemasupport.com

Contact us

lymphformation@yahoo.com.au or

Liane O'Brien, Physio Dept. St George Hospital (02) 9113 2163



First Name Last Name Phone

Address

Dietary Requirements

Email

Volunteers Needed:

Yes, I would like to volunteer - please contact me.

Please tick appropriate box: Member (\$25) Non-Member (\$35)

Please detach and mail along with your payment to:
PO Box 58, Wahroonga NSW 2076
Cheques payable to: Lymphoedema Support Group of NSW
Confirmation will be by email where possible

I have paid via:
 EFT Cheque/Money Order Cash
Acc: Lymphoedema Support Group of NSW INC
BSB: 062 210 Acc. No: 1041 7597
Please list your name in the transaction

How to get there:

By Road:

If approaching from the south, the M1 freeway and the New England Highway and A15 from Sydney will have you arriving in Tamworth in just under four and a half hours. There is plenty of public car parking.

By Local Bus: No bus services on the weekend

By Taxi: The local taxi company telephone numbers are:

6700 1114

6763 3333

By Train: Best to arrive the day before the event and stay in a local hotel
There is also Tamworth Regional Airport for those who wish to travel by aeroplane.

Local Hotels: There are numerous hotels in Tamworth

There are two close by the TREC –

Golden Guitar Motor Inn, 2 - 8 Ringers Road, Tamworth Tel. 02 6762 2999

Plumes on the Green B&B, 25 Ringers Road, Tamworth Tel. 02 6762 1140

(There are many many many places for accommodation in Tamworth and these are not in any way endorsed by the Lymphoedema Support Group of NSW, just a very quick Google to give those that don't have access to computers, an idea of accommodation available in the area)

Motel 359, 359 Goonoo Goonoo Road, Tamworth Tel. 02 6762 4100

Tamworth City Motel, 350 Goonoo Goonoo Road, Tamworth Tel. 02 6765 9258

Edward Parry Motel and Apartments, 261 Goonoo Goonoo Road, Tamworth Tel. 02 6765 9065

CH Boutique Hotel, 52 Brisbane Street, Tamworth Tel. 02 6766 7260

Quest Apartments, 337 Armidale Road, Tamworth Tel.

Mercure Tamworth, Scully Park, Kent Street, Tamworth Tel. 02 6765 1200

Ibis Styles, 80-90 Ebsworth Street, Tamworth Tel. 02 6765 8361

Country Capital, 193 Goonoo Goonoo Road, Tamworth Tel. 02 6765 5966

Best Western, 212-218 Goonoo Goonoo Road, Tamworth Tel. 02 6765 4633