



Newcastle U3A Inc.

ABN: 87 967 033 912

P.O. Box 316, Hamilton NSW 2303

Phone: 0479 193 182

Email: secretary@nu3a.au

Website: <https://newcastle.u3anet.org.au/>

Wednesday, 31 January 2024

Terry Baker

14 Pearson Street

Rutherford

NSW 2320

Email: tbaker23@bigpond.net.au

2024 Term-1 U3A Enrolment Request

Status: Enrolled

Course Name	What is Mental Health
Course Type	Educational
Description	<p>Tutor: John Sharples and Teri Stone</p> <p>We hear a lot about mental illness but have you ever thought about what it takes to be mentally healthy? Can you be mentally healthy if you are in chronic pain; living with addiction; earning your living as a criminal; or living in an ongoing stressful situation? These interactive sessions will allow you to challenge your views on mental health and introduce you to new concepts from speakers with long experience working in mental health and criminology. Session 1: What is mental health? Session 2: What can I do to stay mentally healthy? Session 3: What is psychopathy?</p>
Class Details	Thursday, Weekly: From Start of Term, 3 repeats. 9:30 AM to 11:00 AM
Venue	U3A Room
Venue Address	21 Gordon Avenue Hamilton
Class Leader	John Sharples Teresa Stone
Contact	(Clerk) Terry Baker Mob: 0428224092 Email: tbaker23@bigpond.net.au