



Ur Mobile: A Tool 4 Wellbeing

What

- Find out more about e-wellbeing and mental health resources like YouTube clips, apps, websites and online programs
- Have a handy collection of e-resources to share with your clients
- Match the right resource with a client's need

Where

Lismore – February 28th 2017

9.30am-1.30 pm

University Centre for Rural Health
(Uralba St, opp. Lismore Base
Hospital)

Tweed – March 14th 2017

12.30-4.30pm

Bugalwena Aboriginal Health
Service, Florence St, Tweed Heads

Grafton – early March - TBA



For registration and further information:

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**UNIVERSITY CENTRE FOR RURAL HEALTH
NORTH COAST**
Excellence in education and research



Ur Mobile: A Tool 4 Wellbeing

First Name:

Surname:

Mailing Address:

State:

Post Code:

Position:

Employer:

Phone: ()

Fax: ()

Mobile:

Email address:

(in CAPITALS and written very legibly so that we can contact you)

Please select the Training Program you would like to enroll in *(please tick box)*

- Program 1: Lismore - February 28 2017 - 9.30am-1.30pm
- Program 2: Tweed Heads - March 14 2017 - 12.30-4.30pm
- Program 3: Grafton - TBA

Manager's Permission to Attend R U Appy *(to be completed by your manager)*

I am aware of the purpose of the R U Appy training and the dates of the training.

I give permission for:

to attend the R U Appy four-hour training program.

Manager's signature:

Date:

