

Geraldton Regional Aboriginal Medical Service

**“Stay Strong,
Stay Healthy”**

MOVEMBER BUSINESS & BUILDING DIGITAL SKILLS WORKSHOP

Join us for a health workshop designed for you!

Discover practical tips and technology to help you stay on top of your health.

Plus, enjoy a free health check-up, including blood pressure

20 November 2025

START FROM 9:00 AM - 2:30 PM AT
GERALDTON MULTIPURPOSE CENTRE
254 MARINE TERRACE , GERALDTON WA
6530

CONTACT: ASHLEY ON 0407 131 110



ReadyTechGo Workshop and Presentations:

FREE EVENT



- Using devices to track heart health
- How to access online mindfulness
- How to connect to men's health and mental health services
- How to save important medical information and contact details for emergency services
- Blood pressure check
- and more

 **ReadyTechGo**
Making technology simple



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