

# Health & Wellbeing

SPRING 2019



CITY OF  
PARRAMATTA  
LIBRARIES

**Healthy  
doesn't have  
to be hard!**

# Welcome



Spring has arrived! And with it comes a renewed sense of energy and wellbeing, here at City of Parramatta Libraries it is no different.

For the past three years, City of Parramatta Libraries have participated in the NSW Government's 'Make Healthy Normal' campaign. Working in conjunction with Western Sydney Local Health District to promote important health messages and resources to our Library Members.

This year the Library is holding special story time & craft sessions, healthy lunchbox talks for children, along with a 'Beat Insomnia' information session that sounds very interesting; especially the sleep deprived among us. We have also organised health talks in Chinese. While the team at 'Active Parramatta' have Pilates sessions and are bringing the 'Sydney Thunder Literacy Program' to Parramatta! For further information regarding Library programs go to the Library events page on the City of Parramatta website or pick up a copy of your Spring Calendar of Events; which is jam packed full of exciting events to attend. <https://cityofparramatta.nsw.gov.au/library/events>

Now, to get down to the important business of books! Which of course we know a little something about. You will find our 'Health & Wellbeing' booklet is packed full of wonderful new and old 'healthy' inspired titles, plus some puzzles and colouring to help you 'zone out'.

## Happy reading!

City of Parramatta Libraries

For information regarding 'The Make Healthy Normal' campaign, check out the website where you will find an abundance of resources to assist you in MAKING HEALTHY NORMAL.

<https://makehealthynormal.nsw.gov.au/>

*Make sure you take a look at the recipes, they are easy to prepare, tasty and have the added bonus of being healthy!*

<https://www.makehealthynormal.nsw.gov.au/food/healthy-recipes>



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**Active Living**

# Active Living

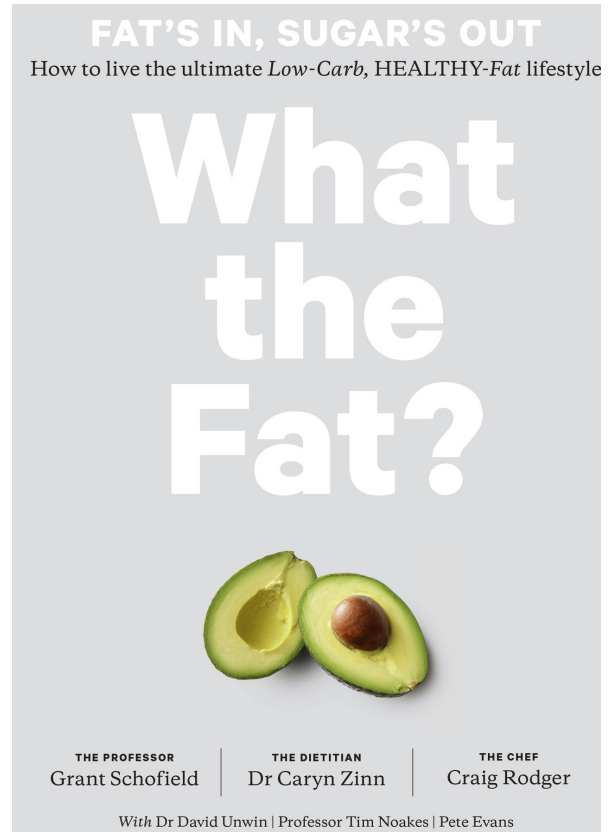
## What the Fat?

Professor Grant Schofield, Dr Caryn Zinn, Craig Rodger

Fat's in, sugar's out! The low carb, healthy fat lifestyle is a revolution that's turning the food pyramid on its head.

It's time to flip the pyramid and break free of the fat phobia. This book is more than just a diet plan or a cookbook - it's a new way of eating that will change your life. For good.

## Fat's In , Sugar's Out!



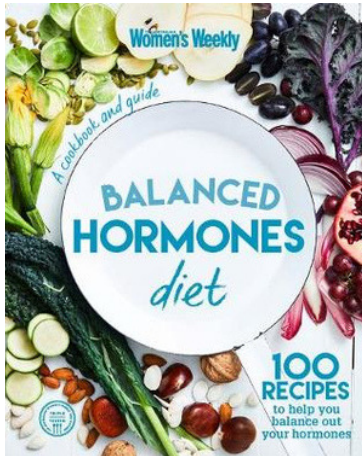
## The Beauty Chef Gut Guide

Carla Oates

In addition to recipes and information about repairing your gut, it covers broader advice for wellbeing, from the importance of cleaning products to mindfulness and yoga.

**The Beauty Chef:  
Delicious Food for  
Radiant Skin, Gut  
Health and  
Wellbeing; another  
great read!**

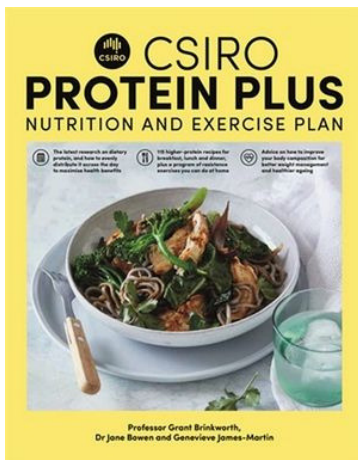
# Active Living



## Balanced Hormones Diet

The Australian Women's Weekly

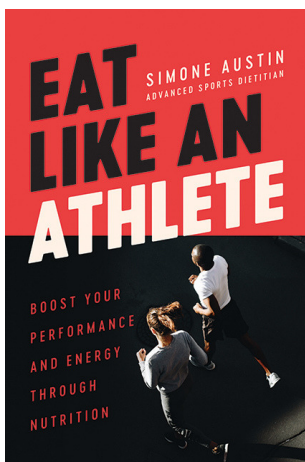
From puberty to menopause women's lives are regulated by their hormones. Hormones have the power to make women feel fantastic, or upturn their lives. Thankfully, we are learning what we eat can assist in balancing our hormones to gain relief. Our recipes focus on the best foods to eat and those to avoid for optimum wellbeing.



## CSIRO Protein Plus Nutrition and Exercise Plan

Dr Jane Bowen, Professor Grant Brinkworth, Genevieve James- Martin

'CSIRO Protein Plus' applies the exciting emerging science behind the potential additional benefits that can be achieved by evenly distributing protein across the day. This includes incorporating protein-rich foods at regular meals, with an emphasis on greater protein intake at breakfast as part of a healthy eating plan.

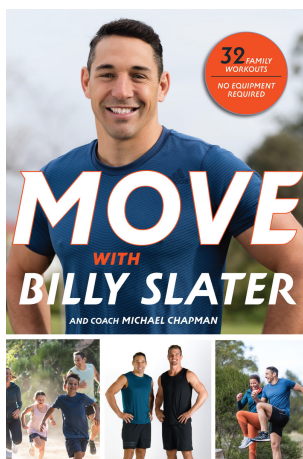


## Eat Like an Athlete

Simone Austin

In 'Eat Like an Athlete', sports dietitian Simone Austin shares practical tips and suggestions on how to boost your energy and performance through nutrition, derived from her years of experience advising elite athletes. Simone's hands-on manual allows people of all ages, from weekend warriors to professional players, to give their bodies optimal nourishment for training, competition and recovery.

# Active Living



## Move with Billy Slater

Billy Slater, Michael Chapman

32 of Billy Slater's favourite bodyweight workouts – for anyone, anytime, anywhere.

Your body is made for exercising. Sometimes, all it needs is a little helping hand to remind it that nature intended us to move!

NRL superstar Billy Slater and expert trainer Michael Chapman have designed these 32 easy-to-follow workouts to help you inject more action into your everyday life.

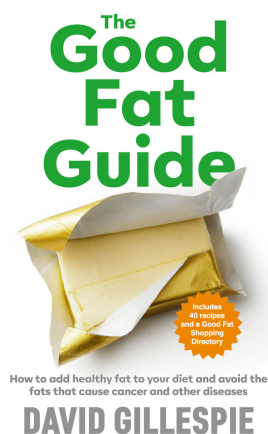


## 16:8 Intermittent Fasting

Jaime Rose Chambers

Jaime Rose Chambers is a practising dietitian who sees countless patients looking for advice on how to manage their weight. She prescribes intermittent fasting as a matter of course, as it is by far the easiest and most effective tool for healthy weight control that she's seen.

This indispensable handbook has everything you need to know about intermittent fasting.



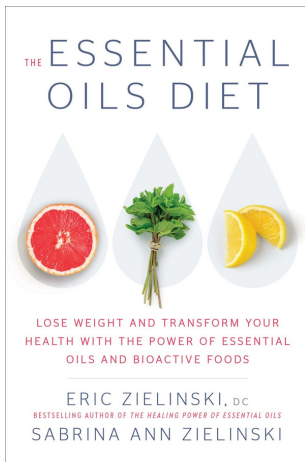
## The Good Fat Guide

David Gillespie

In this fully revised and updated edition of the 2013 bestseller 'Toxic Oil', David Gillespie reviews the latest research from this rapidly evolving field linking seed oils to a host of diseases, including cancer.

As most processed foods - from breads and crackers to mayonnaise and pesto - contain seed oils, David shows us how to identify these toxic products and make healthier choices at the supermarket. He tells us which brands to avoid, which to enjoy, and how to create seed oil-free versions of favourite foods at home.

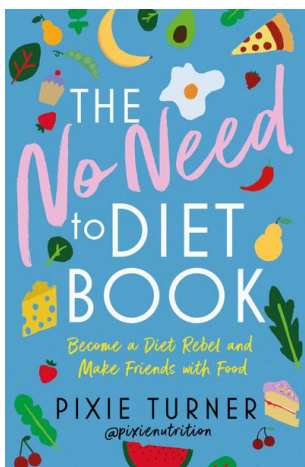
# Active Living



## The Essential Oils Diet

Eric Zielinski, Sabrina Ann Zielinski

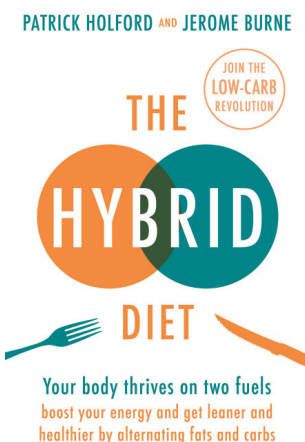
'The Essential Oils Diet' teaches readers how bioactive plant compounds, those found in essential oils and in foods like matcha green tea, chia seeds, almonds, and avocados can aid in weight loss, boost energy levels, and trigger the body's natural immune defences to fight chronic diseases like type 2 diabetes and autoimmunity.



## The No Need to Diet Book

Pixie Turner

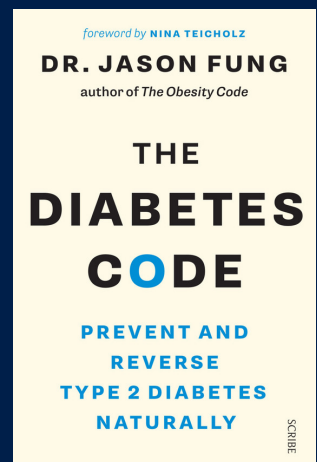
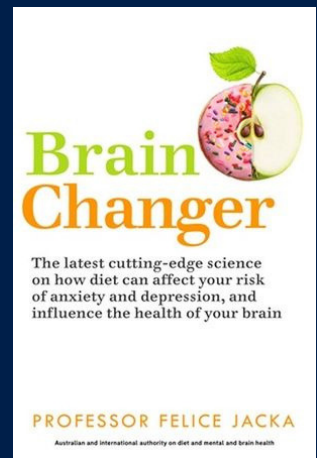
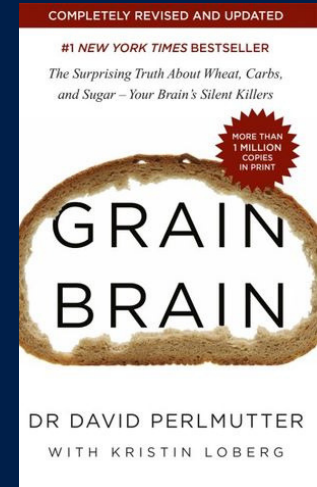
'The No Need To Diet Book' explains the reasons why diets and over exercising don't work; the problems with eating for aesthetic goals; the science behind orthorexia, food anxieties and emotional eating, and other unhealthy habits formed by misinformation.



## The Hybrid Diet

Patrick Holford and Jerome Burne

A radically different, practical and doable way to achieve a healthy weight and substantially reduce your risk of diseases such as diabetes, heart disease, cancer and dementia.





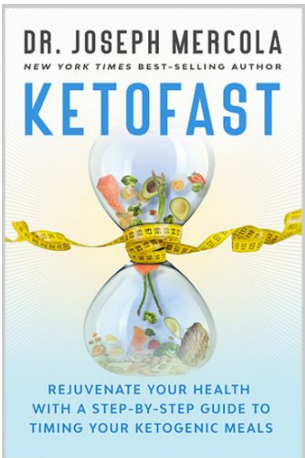
# Active Living



## Detox Diet

Australian Women's Weekly

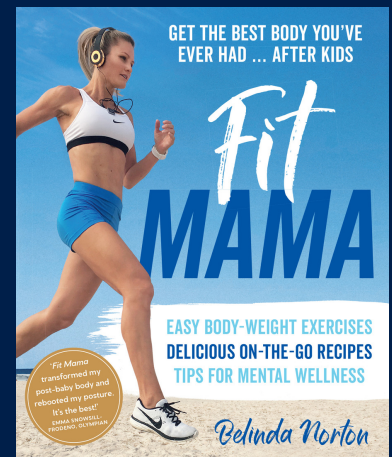
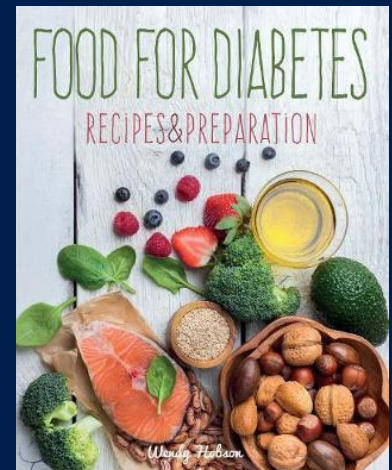
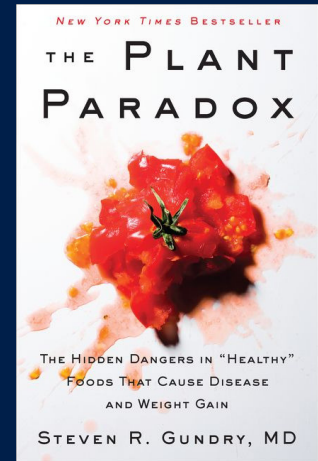
Start your journey to wellness today by eating a whole food diet. Choose from chapters that eliminate gluten, dairy, sugar and meat, with an emphasis on nutrient-dense food that will nourish your body. By making positive changes to your diet, you will likely assist your body in dealing with problems like stress and sleep to achieve a positive sustainable lifestyle change.



## Ketofast

Dr. Joseph Mercola

We all know that food is medicine yet going without food is one of the single best things you can do for your health. Short, doable fasts, when strategically timed, are an incredibly powerful metabolic intervention, dovetailing perfectly with a ketogenic diet to activate your body's fat-burning mode.



# Active Living



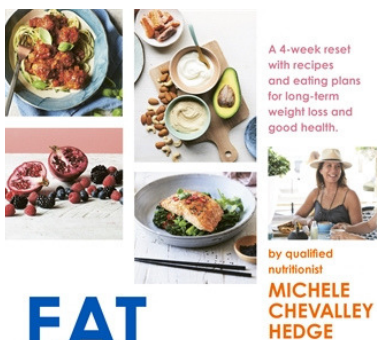
## Just Eat It

Laura Thomas PhD

This anti-diet guide from registered nutritionist Laura Thomas PhD can help you sort out your attitude to food and ditch punishing exercise routines. As a qualified practitioner of 'Intuitive Eating', a method that helps followers tune in to innate hunger and fullness cues. Thomas gives you the freedom to enjoy food on your own terms.

There are no rules: only simple, practical tools and exercises including mindfulness techniques to help you recognise physiological and emotional hunger, sample conversations with friends and colleagues, and magazine and blog critiques that call out diet culture.

So, have you ever been on a diet? Spent time worrying that you looked fat when you could have been doing something useful? Compared the size of your waistline to someone else's? Felt guilt, actual guilt, about the serious crime of . . . eating a doughnut? You're not alone. 'Just Eat It' gives you everything you need to develop a more trusting, healthy relationship with food and your body.



## Eat Drink & Still Shrink

Michele Chevalley Hedge

In this book, Michele draws on all the latest research and her many years' experience as a nutritionist to provide a solution that works for the average busy person who wants to be healthy.

The sheer amount of nutritional information available nowadays can be overwhelming. But if we're not eating well, we feel the impact in every part of our lives. Not only can a poor diet lead to weight gain, the development of type 2 diabetes and cardiovascular disease, but it also adversely affects our moods, our ability to sleep well and our energy levels; in short, everything we need to function well in this modern age. So, what's the answer? Certainly not deprivation; all the science tells us that 'diets' (especially the extreme, yo-yo variety) don't work. What the science does show is that eating a balanced diet of nourishing wholefoods with the odd treat thrown in is your ticket to ageing well, a lean healthy body, a sense of vitality, abundant energy and better brain function.

This book is not about yo-yo dieting or trying to fit into your jeans by Friday. It's a guide to life and a sustainable way of eating for long-term good health.

# Word Search

k w x  
m h e e q s p r i  
j h f w n r r n t y q w z  
j y k i y x a d r d c r y t w x i  
c g w z l l l h r e d f w e e v g f s  
m x z r i c f q q h w c u y o n w s s t n  
z v n f p f t i o c r r n k p d g r f q j  
t j r e y z s w v g e g l z a b k v t d t b f  
w t s w g b t r x e o a h k o l a h o h x a e  
b s t j t r x a y d o b c b r v d a y u i f k z e  
w y d i x e q b n u s j p s o j o i b d w u y f o  
l n k f i n q w o g m l a i q n x h f q i a k g a  
e s d u w t e d k j n n b b c t w k d y g e z l n o e  
g h o f k k y a q w i m g e z e r x f p t v r u k a q  
y q t b j s d w t s m t k n i o e e h u i i a p f c b  
b x l i m l v w h m i w g i x a t h f i t n e s s  
a p q a d w u z p i m h d e n y p s a b c k v r i  
a s j t e a f i p w t y r b a n g p t r a h a o x  
d w y t h z r i s m c h z t z u t m x h m p l  
q h h e o u c o x i u d g g u d r a x g a t y  
d a i u h v k s f a r s u b v b e z o x m  
x s d z m c e w a x u t t a r g e t s r y  
j x g g p g h v c f o s q i z u q w s  
m s l a o g o h j z r z m i h h b  
j h t f o k s f a x h e u  
x k b a u s u k q  
j p v

active  
balance  
body  
diet  
energy  
exercise

fat  
fitness  
focus  
goals  
health  
lifestyle

running  
strength  
swimming  
targets  
walk  
weights



# Healthy Eating

# Healthy Eating

## Food You Want

Nealy Fischer

With more than 100 clean, fresh, gluten-free recipes, 'Food You Want' helps you create healthy, energising dishes, all while saving time and banishing meal prep stress. With Nealy's Flexible Flips, you can mix, match, and substitute ingredients. Some Flips health-ify recipes (pizza quiche that tastes just like a real slice of pizza); other Flips transform taste, showing you that healthy can always equal delicious. Have a Flop? No worries there are Flips for those too.

Flexible Flips Made Easy!



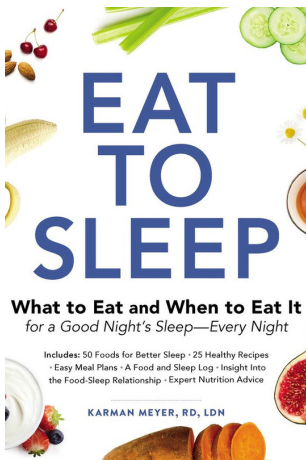
Jamie, Always A Favourite!

## Veg - Easy & Delicious Meals for Everyone

Jamie Oliver

Whether it's embracing a meat-free day or two each week, living a vegetarian lifestyle, or just wanting to try some brilliant new flavour combinations, this book ticks all the boxes. Sharing simple tips and tricks that will excite the taste buds, and help keep people's brains and mouths engaged, this book will also give people the confidence to up their veg intake and widen their recipe repertoire, safe in the knowledge that it'll taste utterly delicious.

# Healthy Eating



## Eat to Sleep

Karman Meyer

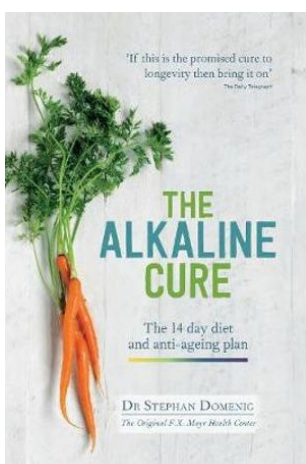
Whether you experience occasional insomnia or suffer from chronic sleeplessness, 'Eat to Sleep' explains which foods to eat and when to eat them in order to get the best night's rest possible. With information on how to easily incorporate "sleepy" foods into your diet, and how to prepare your food to increase its sleep-inducing effectiveness, 'Eat to Sleep' shows you the way to getting optimal shuteye naturally.



## Healthier Together

Liz Moody

'Healthier Together' is the new anti-diet, plan-agnostic healthy eating bible that promises easy-to-make recipes with a fun twist: all of the recipes are designed to be cooked, eaten, and enjoyed by two people, whether with a friend, a significant other, a sibling, or even a coworker. Organised by traditionally social meals and shared foods, such as brunch, snacks, and dinner, this book knows setting goals with others is the key to achieving success and changing habits so that eating well is effortless.

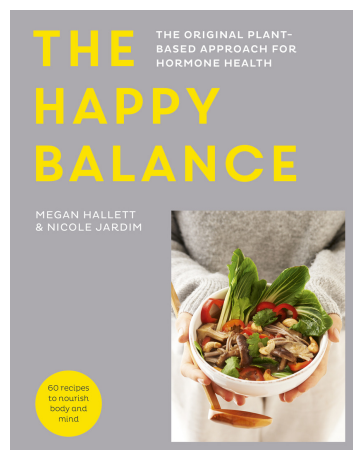


## The Alkaline Cure

Dr Stephan Domenig

Following up from The Alkaline Cure, The Alkaline Cookbook features over 100 gloriously alkaline recipes direct from the kitchens of the FX Mayr Health Center, an award-winning clinic that has helped thousands of people lose weight and change their lives by promoting an alkaline way of life. Each delicious, easy-to-prepare recipe is bursting with alkaline energy and nutrition and encourages you to make use of local, seasonal ingredients to get the most benefits and value from the foods you eat.

# Healthy Eating

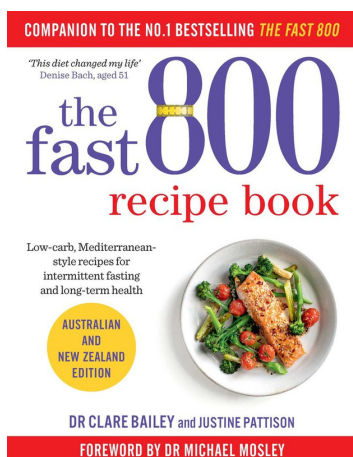


## The Happy Balance

Megan Hallett, Nicole Jardim

Put you back in control of you with this engaging and accessible guide for women of all ages. Discover how to reclaim optimal health through simple nutrition and lifestyle steps for hormonal balance.

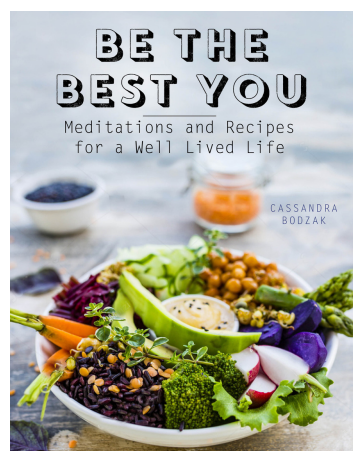
The answer to better balance, health and vitality is in your hands: with a few simple steps discover improved energy levels, better sleep, healthy weight, clear skin and more!



## The Fast 800 Recipe Book

Dr Clare Bailey

150 delicious new recipes to help you combine rapid weight loss and intermittent fasting for long term good health Foreword by Dr Michael Mosley This companion cookbook to the international bestseller The Fast 800 by Dr Michael Mosley is filled with delicious, easy, low carb recipes and essential weekly meal planners, all carefully formulated by Dr Clare Bailey and Justine Pattison to help you lose weight, improve mood and reduce blood pressure, inflammation and blood sugars.



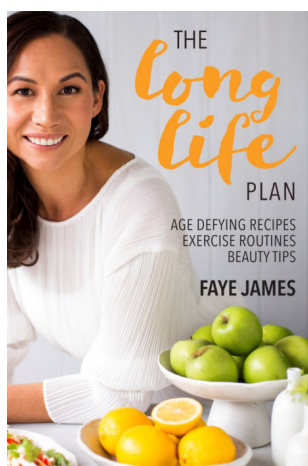
## Be the Best You

Cassandra Bodzak

This is not your traditional cookbook. You will not have to do a cleanse, eat kale every day, or eliminate an entire food group. Instead, you will learn the step-by-step process for eating with intention and put a stop to the never-ending cycle of fad diets, constant exhaustion, and general unhappiness with your body and yourself.

Meditation and wellness teacher Cassandra Bodzak struggled for years with unhealthy dieting, stomach pains, and food allergies. It was only when she began to listen to her body and eat with intention that she transformed her life.

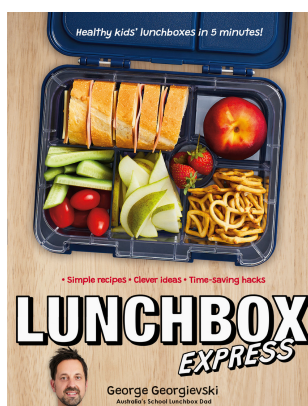
# Healthy Eating



## The Long Life Plan

Faye James

With The Long Life Plan, learn tips to enhance your beauty, organise your day and create energy and vibrance in your attitude. From tasty and nutritious recipes to lifestyle advice, Faye James will show you the way towards a long and happy future.



## Lunchbox Express

George Georgievski

Are your kids tired of the same old sandwiches day-in, day-out? Do you struggle to think of ways to make lunchtime fun? Struggle no longer The School Lunchbox Dad is here to save the day! George Georgievski, creator of the hugely popular School Lunchbox blog and social media accounts, helps you put together healthy, fun and easy lunches your kids will love, in just 5 minutes!

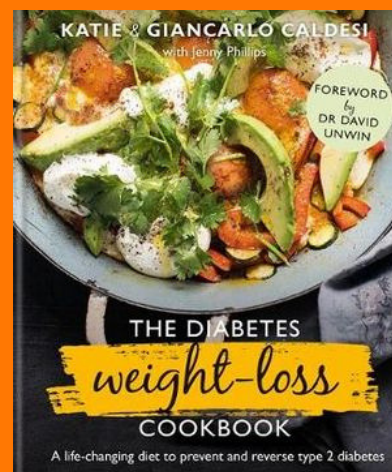
## Infused Waters



## Infused Waters

Georgina Davies

Infused Waters offers 50 beautiful, healthy drinks that will help you get through the day's challenges.





# Healthy Eating



## What the Fat? Recipes

Grant Schofield, Caryn Zinn, Craig Rodger

Embracing unique cultural flavours from across the globe and tried-and-trusted household staples, this comprehensive collection of over 130 gluten-free recipes has all your LCHF meals covered.



The latest cutting-edge science on how diet can affect your risk of anxiety and depression, and influence the health of your brain

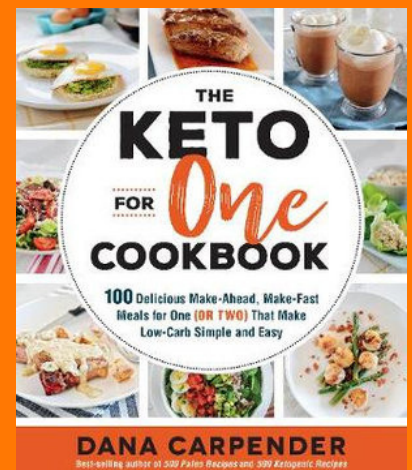
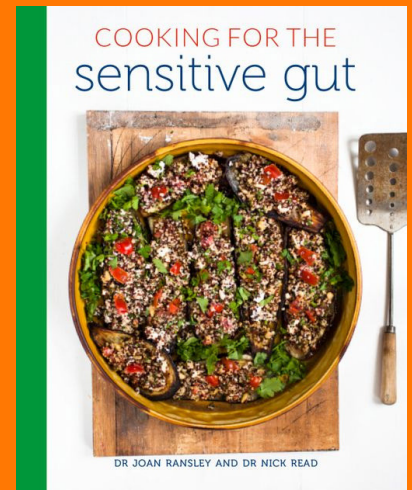
**PROFESSOR FELICE JACKA**  
Australian and international authority on diet and mental and brain health

## Brain Changer

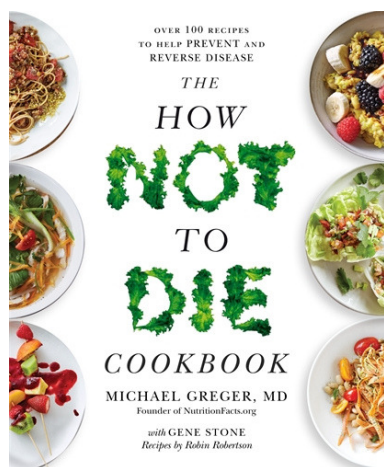
Professor Felice Jacka

Professor Felice Jacka's love of food led her to question whether what we put in our mouths everyday affects more than our waistline. Felice set out on a journey of discovery to change the status quo and uncover the truth through rigorous science.

Brain Changer explains how and why we should consider our food as the basis of our mental and brain health throughout our lives. It includes a selection of recipes featuring ingredients beneficial to mental health. It also highlights the practical things we can do to help prevent mental health problems in the first place, and offers strategies for treating these problems if they do arise.



# Healthy Eating



## The How Not to Die Cookbook

Michael Greger MD

Dr Michael Greger, founder of the wildly popular website Nutritionfacts.org takes his comprehensive, lifesaving science into the kitchen. Why suffer from disease and ill health when the right food is proven to keep you healthy, and without the side effects of drugs? We can avoid heart disease, cancer and our other biggest killers if we use food as medicine, and the 'How Not To Die Cookbook' offers a sustainable and delicious guide to preparing and eating the foods that will prevent and reverse fatal disease.



## Little Green Kitchen

David Frenkiel & Luise Vindahl

David, Luise and their three kids are a family who love to cook together. But like most families, they still struggle to get a nutritious and delicious meal on the table every night, that also satisfies their hunger for creative, globally-inspired food. Take your own inspiration from their quest to bring joy back to the dinner table: whip up a batch of Friday Night Hulk Burgers and Sweded Fries (made with spinach, quinoa, oats and peas), or Stuffed Rainbow Peppers with black rice, feta, raisins, pistachios, cinnamon and beans.

This latest collection from the beloved duo behind the Green Kitchen Stories blog will include 50 recipes, each with an 'upgrade' option to make meals even more interesting for adults (e.g. top with a poached egg/kimchi/more herbs or serve with a chermoula sauce/side salad, quinoa instead of pasta). All of the dishes are veggie-packed, colourful, kid friendly and simple with most including less than 8 ingredients – and taking under 30 minutes to prepare.

# Word Scramble

Put your puzzle solving skills to the test with this 'Fruit & Vegetable' themed word scramble. Look carefully at the jumbled words.

Use the letters in the shaded boxes to form the healthy fruit that tastes so good on toast!

**Unscramble the letters to form the names of fruits & vegetables!**

guasrspaa

--	--	--	--	--	--	--	--	--

uvga

--	--	--	--	--

kocoh

--	--	--	--	--

alnucetopa

--	--	--	--	--	--	--	--	--

abhurbr

--	--	--	--	--	--	--

asmdno Impu

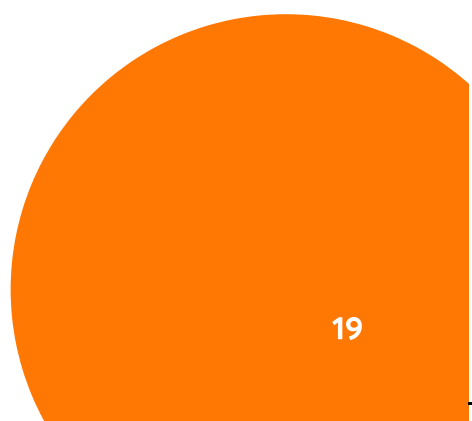
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Inmeo

--	--	--	--	--

**Name the fruit!**

--	--	--	--	--	--	--



A photograph of a person's bare foot resting on a weathered wooden pier. The pier is made of thick, dark wood and has a metal ring attached to it. The background shows a calm lake reflecting the sky, with misty mountains in the distance. A large, dark blue circle is overlaid on the lower half of the image, containing the word "Mindfulness" in white text.

# Mindfulness

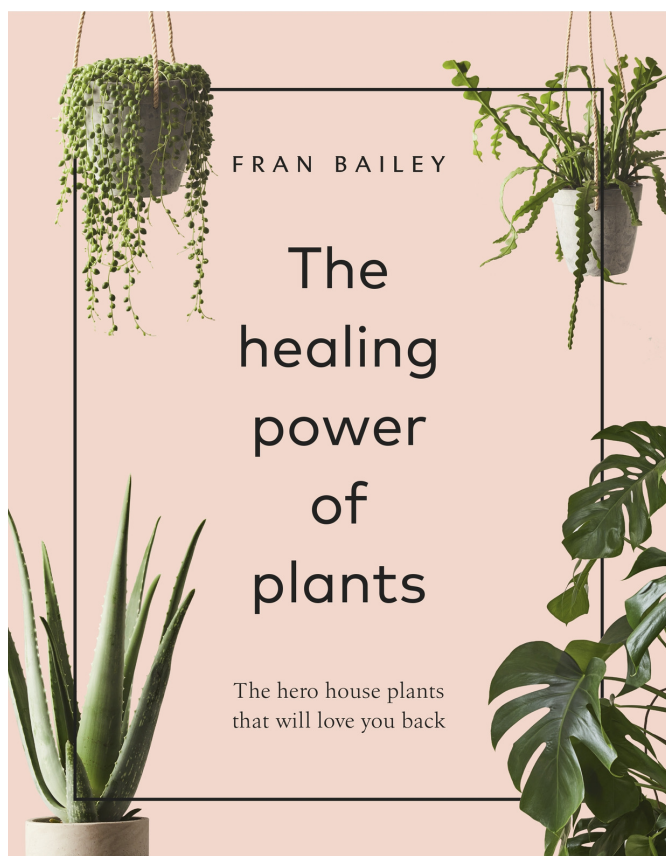
# Mindfulness

## How to Make a Plant Love You

Summer Rayne Oakes

Everyone deserves to feel the inner peace that comes from taking care of greenery. Beyond the obvious benefits of beauty and cleaner air; there's a strong psychological benefit to nurturing plants as a path to mindfulness. They can reduce our stress level, lower our blood pressure, and improve our overall outlook. And they offer a rare opportunity to find joy by caring for another living being.

Green Spaces, So Relaxing!

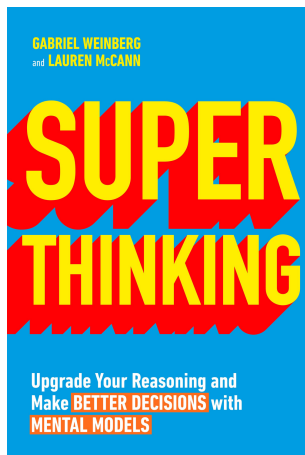


## The Healing Power of Plants

Fran Bailey

Plants make people happy. This gorgeous, modern guide features over 80 indoor plants that will turn your house into a happy, healthy, healing home. Discover plants that will clean the air you breathe, help you get a good night's sleep, reduce stress and anxiety, help you get well soon, boost your brain power and bring greater joy and wellbeing into your life. From cacti and succulents to ferns and palms, flowering plants and foliage; find the perfect house plants for your living room, bathroom, bedroom and even your workspace. Bring the joy of the outdoors in and harness the natural healing power of plants.

# Mindfulness



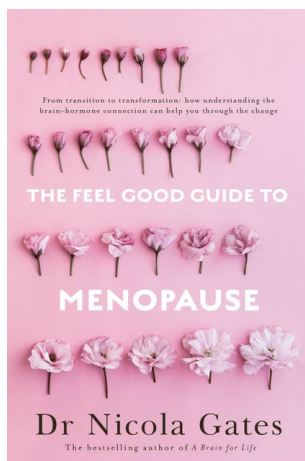
## Super Thinking

Gabriel Weinberg and Lauren McCann

**The busy person's guide to smarter and quicker thinking.**

You want to make better decisions. You want to be right more of the time; professionally and personally. However, being more right consistently is a hard problem because the world is such a complex, evolving place. How do you navigate this complexity?

Mental models are decision making tools that guide our perception of the world and our behaviour in it. They help us understand life, make decisions and solve problems. The best models help us make intelligent investments, develop ground-breaking technologies and even travel to outer space.



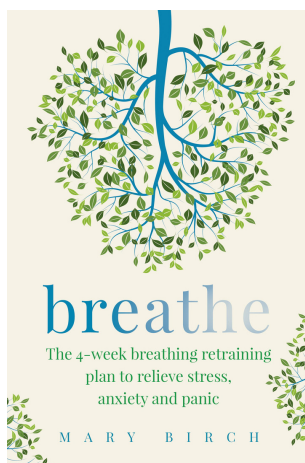
## The Feel Good Guide to Menopause

Dr Nicola Gates

How understanding the brain-hormone connection can help women to navigate menopause.

Although women know how to run major corporations and can travel in space, there is little understanding of an event that inevitably awaits them, menopause and a lack of practical knowledge about how to best navigate this natural passage in life.

By breaking the silence that surrounds menopause, 'The Feel Good Guide to Menopause' aims to reduce the potential for negative impact, build understanding, compassion and reassurance, and significantly improve the mental and physical well-being of women.



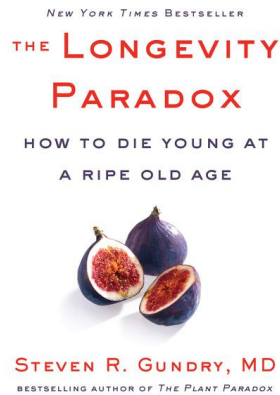
## Breathe: The 4-Week Breathing Retraining Plan to Relieve Stress, Anxiety and Panic

Mary Birch

Many of us don't breathe properly, and our health and wellbeing suffers. In just four weeks, you can get your health and life back on track with this essential guide to retraining your breathing.

This practical book by registered nurse and breathing retraining expert Mary Birch contains a week-by-week, step-by-step-program to retrain the breathing pattern, as well as guidelines on lifestyle, exercise, food and nutrition.

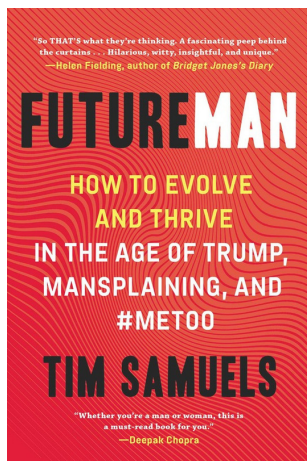
# Mindfulness



## The Longevity Paradox

Steven R. Gundry, MD

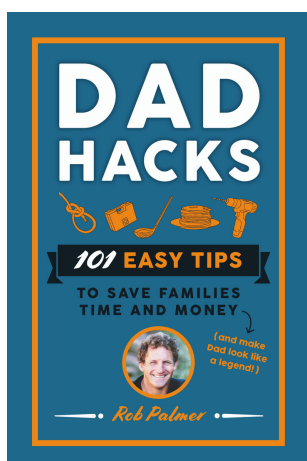
From the moment we are born, our cells begin to age. But aging does not have to mean decline. World-renowned surgeon Dr. Steven Gundry has been treating mature patients for most of his career. He knows that everyone thinks they want to live forever, until they hit middle age and witness the suffering of their parents and even their peers. So how do we solve the paradox of wanting to live to a ripe old age but enjoy the benefits of youth?



## Future Man

Tim Samuels

In Future Man, with his characteristic intelligence and humor, Tim Samuels assesses the state of contemporary manhood, its conflicts, confusions, and challenges. Trapped in bodies barely changed since cavemen days, men are contending with the stresses of corporate culture, lifelong commitment, rampant depression, and crazy expectations to be successful at work and at home. But how can you hunt and gather in an open-plan office? Why do men make up to 95 percent of Fortune 500 CEOs yet 93 percent of the prison population? Why do men commit suicide at more than three times the rate of women?

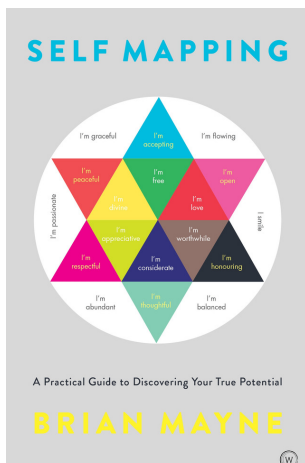


## Dad Hacks: 101 Easy Tips to Save Families Time and Money

Rob Palmer

Dad Hacks is brimming with ingenious household hacks that are easy to learn and will save your family time and money, while making Dad feel like a DIY champion!

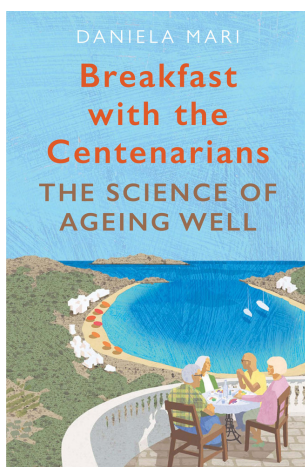
# Mindfulness



## Self Mapping

Brian Mayne, 2019.

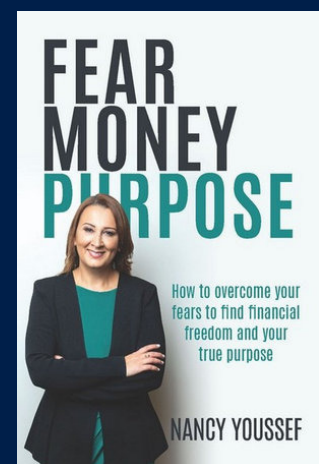
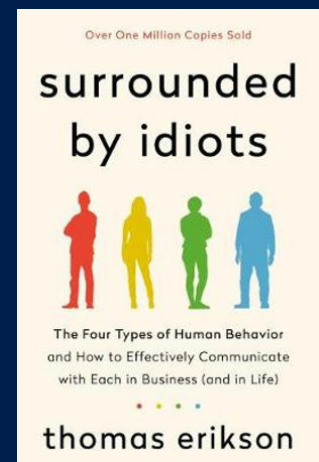
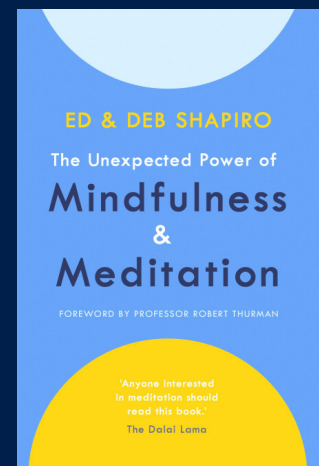
Self Mapping will take you on a journey of Self Discovery, through the stages of Self Awareness, Self Belief, Self Image, Self Esteem, Self Acceptance, Self Love, Self Actualization, Self Integration and Self Renewal.



## Breakfast With the Centenarians: The Science of Ageing Well

Daniela Mari

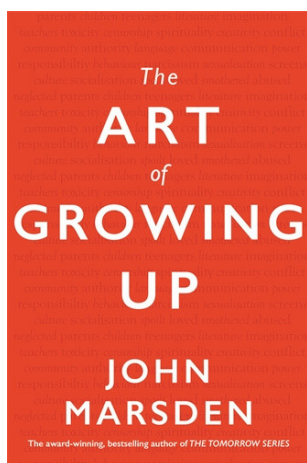
Learn the art of growing old from the supercentenarians living life to the full: the essential handbook for a fruitful and fulfilling old age.



asparagus - guava - choko - cantaloupe - rhubarb - damson plum - lemon  
mystery fruit - avocado



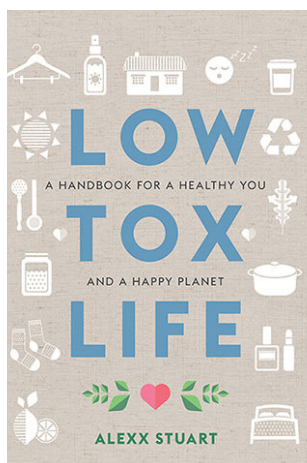
# Mindfulness



## The Art of Growing Up

John Marsden

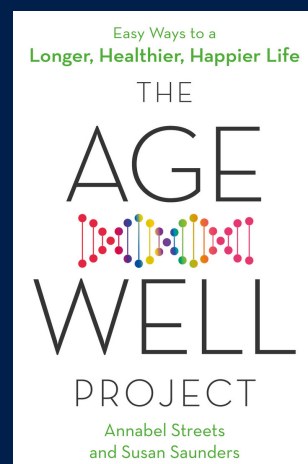
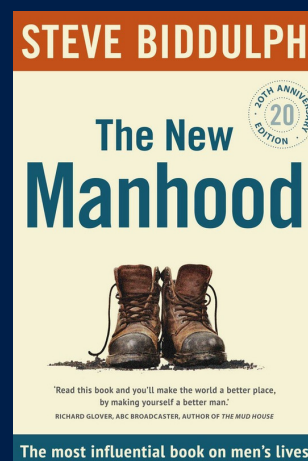
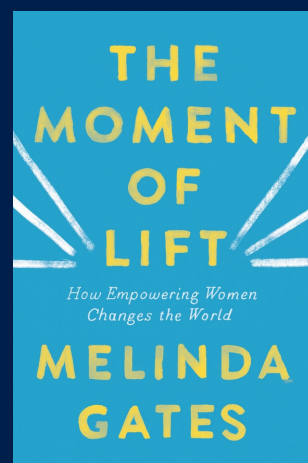
When I hear parents say 'I want my children to enjoy their childhood; there'll be time when they're older to learn about those things', I hear the voices of those who are scared of the vastness of the universe. These adults have a view of childhood as some kind of discrete interval, rather than just a few years from the continuum of life. How fortunate that the spirit, courage and curiosity of many young people remain largely undefeated by such adults.



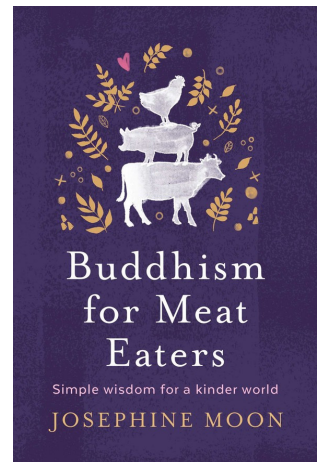
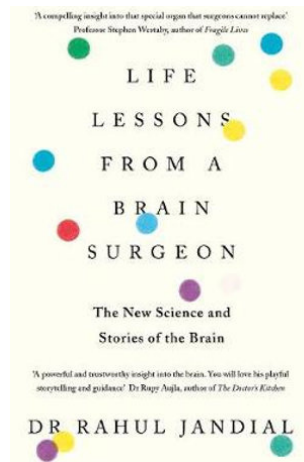
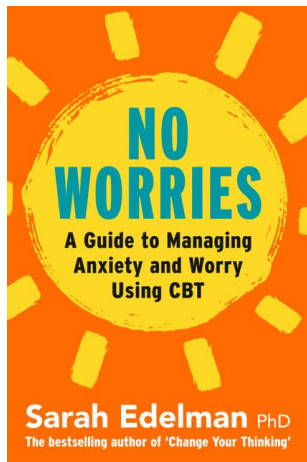
## Low Tox Life

Alexx Stuart

Ever stopped to read the list of ingredients in the products you use every day? In 'Low Tox Life', activist and educator Alexx Stuart gently clears a path through the maze of mass-market ingredient cocktails, focusing on four key areas: Body, Home, Food and Mind.



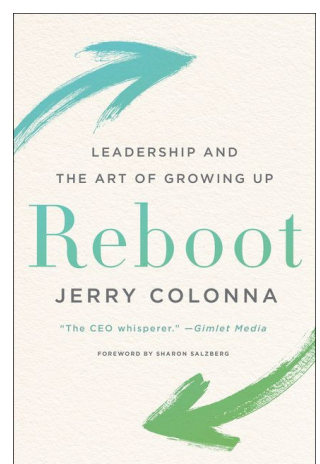
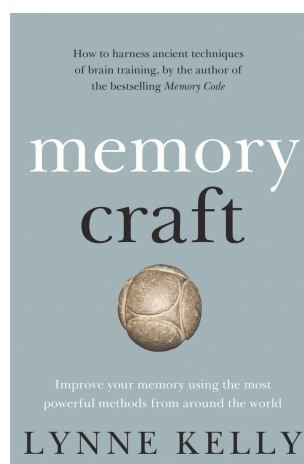
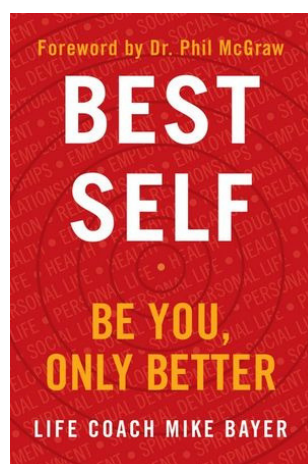
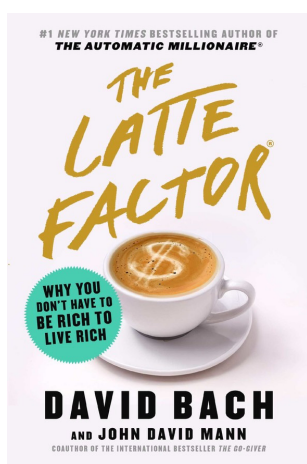
# Mindfulness



## Use It or Lose It

Paul McIntyre

In *Use It or Lose It* Paul McIntyre, host of ABC Radio's 'Medical Matters', sorts the fact from the fiction and reveals the practical measures we can all take to keep our body in good shape and our brain sharp and alert. Because when it comes to positive ageing, our physical and mental health are one and the same. Believe it or not, preventing a disease as serious as dementia is as much about pursuing interests and having a flourishing social life as it is about standard health prescriptions. Good nutrition, regular exercise, relaxation, social interaction and healthy activities are paramount for your body and your brain and your emotional outlook as you get older.



**Take some 'time out' to relax & colour-in!**





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