



# Sri Lankan Group

VMCH

**VMCH Multicultural Wellness Centre**  
**Building B, 355 Stud Road, Wantirna South**

Our Multicultural Wellness Centre is a place for Victorian seniors with a Sri Lankan background to come together and enjoy outings, cultural events and group activities for less than the price of a cup of coffee. Make friends and feel at home!

If you're over 65 and live in Melbourne's eastern metro region, we're here for you.

- Social and group activities
- Singing and dancing
- Gentle exercise
- Games
- Quizzes
- Outings and cultural events
- Information sessions from our Allied Health Team
- Podiatry and physiotherapy services.



**Contact us to find out more!**

1300 698 624

[hello@vmch.com.au](mailto:hello@vmch.com.au)