

**Learn.
Laugh.
Create.
Explore.
Enjoy.**

Live life, your way. Make the most of every day.

Learn, connect, experience and explore at Onemda – while having fun and enjoying all the support you need to make the most of every day.

Explore your creativity through music and art, enjoy sensory activities and armchair travel, build your capacity and wellbeing through exercise, and get out into the community for even more connection and fun experiences.

At Onemda we value you for you. We take the time to understand who you are, what you want, and what you need, so we can help you achieve your goals and build the life you want.

So if you're looking for a program that supports you to enjoy your life on your terms, Onemda's Enrichment & Wellbeing Program could be just the program for you!



WHAT YOU'LL DO...

Combine learning and growth with fun, friendship and support.

Enjoy a mix of on-site and in-community activities, including:

Be Your Best

- ▶ Health & wellbeing
- ▶ Exercise
- ▶ Yoga & meditation
- ▶ Sensory activities

Your Life, Your Way

- ▶ Cooking & shopping experiences
- ▶ Emotional wellbeing
- ▶ Friendship building
- ▶ Social engagement
- ▶ Community immersion

Express Yourself

- ▶ Sensory immersion
- ▶ Multi-sensory music
- ▶ Visual art
- ▶ Cultural experiences
- ▶ Virtual travel

OUTCOMES

Our programs are designed to support you to increase capacity, look after your health and wellbeing, build relationships and connect with your community.

Here are just some of the outcomes Onemda participants report:

- ▶ Greater **connection** with community
- ▶ Improved **relationships** and **teamwork**
- ▶ Improved understanding of **social customs**
- ▶ Increased **wellbeing**
- ▶ Improved **participation**
- ▶ **Moving** more and better
- ▶ **Self-expression** and **creativity**
- ▶ Having **FUN!**

2023 TERM DATES

Onemda's programs run across four terms each year. The 2023 dates are:

TERM 1

Tuesday 17 January – Thursday 6 April

TERM 2

Tuesday 11 April – Thursday 29 June

O-WEEK

Monday 3 July – Friday 7 July

TERM 3

Monday 3 July – Thursday 28 September

TERM 4

Monday 2 October – Friday 22 December

Contact us:

MAIN CAMPUS:

123 Andersons Creek Road
Doncaster East 3109

P | 9842 1955

E | onemda@onemda.com.au

onemda.com.au

