

# WAROONA SENIORS' AGEING WELL EXPO 2024



**Join us at the Waroona Memorial Hall for two days of fun, connection and catching up. Our guest experts will be showcasing services and important advice for seniors.**

**Fun activities, terrific giveaways, and a free morning or afternoon tea!**

For further details, phone the Shire of Waroona on 9733 7800 or Candice on 9733 3011

Proudly supported by



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Department of Communities



## Wednesday 13 November

- 9am-11am *Connectivity 101 with NBN Local:* how to manage your passwords, staying safe online. Bring your devices, questions & curiosity!
- 12pm -2pm Our amazing fitness instructor & kinesiologist *Jenna* will be talking about the importance of physical health, exercise, nutrition and gentle movement

## Thursday 14 November

- 9am-11am *Peel Community Legal* will discuss positive ageing, Advance Care Planning and accommodation options
- 12pm -2pm *LiveUp* will be talking about healthy ageing principles, how assistive products can help and other healthy ageing information