

Engaging in Ageing Expo

Lets promote active ageing & celebrate the contributions of seniors in our community

Over 35 Exhibitors

Information

Interactive Displays

Presentations

Free Raffle Prizes

FREE transport is available

Murray Bridge to Tailem Bend

For further information contact

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FREE COMMUNITY EXPO

ENGAGING IN AGEING
RURAL RESILIENCE



Tailem Bend

Oct 15th | 10am – 2pm

Willow Street Precinct

&

Town Hall

PRINCIPAL SPONSORS



Murray Mallee
AGED CARE GROUP INC.



GUEST SPEAKER



Kate Swaffer, MSc, BPsych, BA, Retired Nurse

Independent Scholar & Author
CEO & co-founder, Dementia Alliance International
Kate Swaffer is an independent scholar and author of *What the hell happened to my brain? Living Beyond Dementia*, and other books, poetry and research articles.

HEALTHY FOOD DEMONSTRATION



Join us for a Sprout Cooking School demonstration, showcasing quick, easy and healthy recipes perfect for ageing well

Have your questions answered in an exclusive Q&A, and of course sample the food

Demonstration 11.00am and 12.30pm



Tauondi Cultural Workshop



**Tauondi
Aboriginal College**

Basket Weaving Workshops available throughout the day



SPONSORS

