



Live well, live long 2026

FREE 10-week program

This free program explores a range of topics to encourage independent living for older adults such as sight and sound, healthy feet, medications, health and wellbeing, ageing well, staying active and many more.

Program 17 Feb – 28 Apr or 5 May – 7 July
Dates Tuesdays, 12.30pm – 2.30pm
Time Clarence Integrated Care Centre,
16-22 Bayfield St, Rosny



Call to register on 6166 2300
ccc.tas.gov.au/agefriendly

