

## Ageing Information

# EXPO

*Age with Confidence*

Empowering ageing adults to live their best lives  
with knowledge, resources, and support.

Join Home Instead for a one-of-a-kind expo designed to provide ageing adults with the knowledge, resources, and support they need to age with confidence.

**Date:** 23rd August

**Time:** 10am-3pm

**Venue:** Iluka Sports Complex,  
6 Miami Beach Promenade, Iluka

The day will consist of **interactive sessions** and valuable insights on how to **navigate aged care!**

You'll have the chance to **participate in fun exercise classes** specially designed for older people. Plus, don't miss out on the chance to **win amazing prizes** in our raffle, and sample some **fantastic goods**.

With all this and more, the Ageing Information Expo is the must-attend event for anyone interested in **ageing well!**

JOINED BY:



# Ageing Information **EXPO** *Age with Confidence*



Our team of experts and professionals will share valuable information on topics such as navigating aged care, healthy living, financial planning, community resources, and more.

This event is the perfect opportunity to connect with other seniors, explore various services and resources available in your community, and learn new skills and strategies to help you age gracefully.

Our Navigating Aged Care Lounge provides a cozy atmosphere where you can join small sessions and get detailed information on My Aged Care.

## *Connect with your Community*

Hear from local providers and allied health professionals on a variety of topics including;

- Ageing well
- Equipment
- Products
- Caring for loved ones with progressive conditions.

Connect with the Home Instead team to learn about our high quality in-home care services that can help you maintain your independence and quality of life.



Don't miss out on this valuable and informative event. Join us for an inspiring day that will help you age with confidence and empower you to live your best life.

[HomeInstead.com.au](https://www.HomeInstead.com.au)