

## MEDIA RELEASE

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# Alice Springs seniors are in for some treats at Expo

**COTA NT has released the program for its 7<sup>th</sup> Alice Springs Expo-styled event for seniors during this year's Seniors Month. Seniors are in for some treats starting early with a free pre-event walk, followed by free entry to the Expo and a door prize draw up for grabs. A free morning tea and free Rotary barbecue is also being served.**

Expo is held thanks to the generous support of the Northern Territory Government who recognise the significance of this event to Alice Springs seniors. This truly is the opportunity for hundreds of locals to meet with representatives talking on a huge array of topics. This year over 40 exhibitors will be offering advice and conversation around lifestyle, community, aged care, health, well-being, financial and legal services, consumer rights, safety, palliative care, advance personal plans, concessions, savings on the cost of living, voting and relationships.

One of the big favourites from last year's Expo, the Plaza Wellbeing Centre is back. They will be creating a mini wellness centre with free massages on offer. There are new exhibitors in town too including a sexologist, spinal flow therapist and women on wheels. Live music will be provided by U3A's *Beaut Ukes* and *The Shavings*, a local acapella group. Displays of low and high adrenalin activities are also on show with Qi Gong and Get Physical.

"It's been wonderful to have the support of so many organisations, service providers, businesses and seniors' groups once again. Without them and the funding from the NT government, we simply could not make Expo happen. The program is available on our website and as it may change a little before the event, we do advise people taking a look if they can at [www.cotant.org.au/alice-springs-seniors-expo-2025](http://www.cotant.org.au/alice-springs-seniors-expo-2025)," recommends Sue Shearer, CEO of COTA NT. "We look forward to engaging with seniors, their families and support crew on the day."

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### Information

Event program, <https://www.cotant.org.au/alice-springs-seniors-expo-2025/>

COTA NT is the leading advocacy organisation for senior Territorians  
*established 1969*

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