

MEDIA RELEASE

1 March 2024

Expo is the big K-town event for Katherine residents

COTA NT's 4th Seniors Expo in Katherine is its biggest yet with over 43 exhibitors from government, community and not-for-profit sectors running information stalls on the day.

This is the *best* day of the year for anyone in Katherine wanting to ask questions and receive jargon-free answers from service providers in-person – no dialing additional options, no waiting on hold, no remote call centres – Expo is all about real people meeting real people.

Expo is free and open to all members of the community, whether they are seeking information for themselves, family or loved ones. And whilst it's never too late to think about aged care needs, it's also never too early to think about retirement planning either!

Exhibitors will offer free information, support and advice around a wide range of topics including: health and aged care, finances, retirement, legal matters, consumer affairs, health and wellness, employment opportunities, training and workers' rights, volunteering opportunities, carers support, concessions, digital literacy and online connections, safety within the family, at home, in the community and online, consumer rights and protection, and estate planning including advance personal plans, making a will and guardianship.

Free refreshments are available, and we are delighted to welcome Sue Moran from Katherine FM 101.3 who will be live with an Outside Broadcast at Expo for the first time! Sue will be there from 10am to 12pm, so do swing by to say hello.

Expo is being held at the Henry Scott Recreation Centre, the Y at Katherine on Thursday 7 March. It runs from 10am to 1pm, so you can pop in for 30 minutes or 3 hours. It will be well worth your time.

The full program and list of exhibitors is online at www.cotant.org.au/katherine-seniors-expo-2024.

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Program and list of exhibitors, www.cotant.org.au/katherine-seniors-expo-2024

Katherine Seniors Expo 2024 is proudly supported by the Northern Territory Government and the Y in Katherine.