

## MEDIA RELEASE

20 March 2025

### Katherine seniors can ask why at the Y!

COTA NT is delighted to bring its Expo event back to Katherine for the 5<sup>th</sup> consecutive year. Hosted at the Y in Katherine on Wednesday 26 March between 10am and 1pm, the event features free entry and morning tea, free fun fitness and over 40 exhibitors in-person and ready to answer all questions, the why, how, what and who.

Before the event, as a warmup to the day's talking, the Heart Foundation Walking Group kick off with walking. Leaving the venue at 9.30am, people can join a short group walk – a perfect way to look after your heart, meet others and fire up early conversations. If the early start is too early, then the Silver Warriors class is another option for those who want to try something new.

Both fitness opportunities are free and appropriate for all ages and fitness levels. They could be the starting point for ongoing activity too.

The conversations inside The Y can help community members of any age find out what they need to know about supporting themselves, members of their family, carers, neighbours or friends. Over 40 exhibitors will offer free information and advice on local services and support relating to health and wellbeing, aged care services, consumer affairs, safety, concessions, Services Australia (Centrelink) services, estate planning, advance personal planning, making wills, retirement, finances and more.

“This is the best opportunity for the Katherine community to find out what services and supports are available to them as they, and their loves ones, grow older,” said Sue Shearer, Chief Executive of COTA NT. “We know from our four previous Expos in Katherine how important they are to locals. That asking questions in person never goes out of style and meeting real people representing government and organisations is just how seniors like to do business.

“We thank our sponsors, Club and Associates Members, service providers from all sectors for their terrific support. COTA NT will be there too of course with plenty of information about the programs we run and manage including Seniors Card, Age Care Navigators, PICAC, membership and events.

“We will also offer updates on Seniors Month and the latest news on our advocacy work.”

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- Program and list of exhibitors: <https://www.cotant.org.au/katherine-seniors-expo-2025/>
- Heart Foundation Walk registration: <https://www.eventbrite.com.au/e/heart-foundation-walk-to-open-katherine-seniors-expo-2025-tickets-1206310750929>

This event is sponsored by: The Northern Territory Government, Community Bank Katherine, The Y Katherine and the Heart Foundation Walking Group.

***COTA Northern Territory is the peak advocacy and representation organisation for senior Territorians advocating for and working towards an age-friendly, just, inclusive and equitable society since 1969***

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*Applications are now welcome for new and renewal COTA NT memberships.*

