

## MEDIA RELEASE

**10 March 2021**

### **Two Firsts for Katherine Seniors – An Expo and Engagement Hub**

COTA NT is holding its first Seniors Expo in Katherine on Wednesday 17<sup>th</sup> March between 10am and 2pm at the YMCA Katherine's Henry Scott Recreation Centre, 2525 Stuart Hwy. It includes free entry, a light morning tea, 19 exhibitors and five free health and wellness classes to watch or join in with including Pilates, Seated Aerobics, Zumba Gold, Yoga and Tai Chi.

The Expo has an emphasis on health and wellbeing and is free to attend. It will offer seniors, their families, friends and carers, to talk face-to-face with service providers and not-for-profit organisations about services and supports offered in the area of aged care support, home care packages, carers' concessions and support, retirement, legal services, safety at home and in the community and online, consumer rights, plus health and fitness advice and information from physios, health and wellness advocates and qualified fitness professionals.

COTA NT is grateful to the Katherine YMCA for its sponsorship of the event and use of its facilities. "The Katherine YMCA is pleased and very excited to be hosting the first Seniors Expo in Katherine at our Henry Scott Recreation Centre," said Bron Humphrys, Katherine Recreation Manager. "To have the opportunity to talk all things health and fitness with the older members of the local community, to demonstrate some of the suitable classes we can offer them, and to ultimately be able to assist in the coming together and cultivation of community."

"COTA NT has held Seniors Expos since 2015," said Sue Shearer, CEO COTA NT. "We are delighted to be in Katherine for the first time as we regard 2021 as our 'strength and unity' year. It's a year in which we are encouraging people to stay resilient, to stay strong and healthy and to focus on the importance of the Territory community, conversation, and care.

"We are looking forward to meeting Katherine locals and talking to them about COTA NT's work including its advocacy for seniors and membership program, Aged Care Navigators who support people needing help to access government aged care services and NT Seniors Card which helps to reduce the cost of living in the Territory. People can join COTA NT as Members on the day and enjoy three months of free membership, enter a raffle and sign up to a new Engagement Hub, which is designed to keep seniors throughout the Territory connected to the organisation."

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#### **Further Information**

<https://www.cotant.org.au/cota-nts-seniors-expo-for-katherine-2021/>

Includes posters, flyers and social media artwork to share.

