



Who's coming?



Community Care TASMANIA'S

Free
Entry

Live Well Live Longer Expo

Wednesday 17 April 2019

10.00am - 3.00pm

Punchbowl Christian Centre

100 Punchbowl Rd, Launceston



- Call 1300 722 400
- Visit www.cct.org.au
- Follow us on Facebook
- CommunityCareTASMANIA



What's on?

Lifestyle Hub

- Need to understand Home Care Packages or NDIS packages? Let the experts from **Community Care TASMANIA** explain
- Caring for or working with someone with Dementia? Experience what their world looks like through Enabling EDIE, **Dementia Australia's** virtual reality technology
- What did you say? Get a free hearing test from **Australian Hearing**
- Neck in a knot? Let Wendy Thomas' **Hands of Inspiration** unwind you
- 'Aged Care: What are your options and what will it cost?' Find out from Emily at **Elm Retirement**
- Ella (**Cancer Council Tas**) & Mary (**McGrath Foundation**) explain why early detection & the National Cancer Screening Programs are crucial to finding cancer early
- **The Natural Alternative-Tas Essential Oils** team show you how the right essential oils make your home toxin free and keep you and your family happy and healthy
- Need equipment to help with your health or mobility issues? Talk to local expert provider **McLean Healthcare**
- Reduce your risk of a stroke: find out how and have a heart screening test from the **'What's your beat' UTAS research team**
- Try your hand at Croquet with **School for Seniors**: an easy sport suitable for all ages!
- Have your say & protect your rights! Let **Advocacy Tasmania** explain your options
- Talk to **Diabetes Tasmania** on how to prevent & reduce the impact of diabetes
- Who helps support unpaid family and friends caring for others? Ask **Carers Tas**
- Blocked ears? Get a free earwax check from an **Earworx** professional
- Put your feet in the hands of the **Launceston Podiatry Clinic**
- Could you save a life? Check your CPR & First Aid skills with **St John Ambulance**
- Need help understanding and accessing the NDIS, and want to know what else is available to support you? Talk to **BaptCare** your NDIS Local Area Coordinator
- Is your Will sorted? Talk to **Bleyer Lawyers** for your & your families' peace of mind
- Get independent and unbiased information and advice from **Independent Living Centre Tas** on equipment and technologies helping make life easier everyday
- Talk to **COTA** about advancing the rights, interests and futures of older Australians
- Find out how **Wellways** can help bring about positive change for people living with mental health issues or disabilities
- Take advantage of free blood pressure checks and expert advice on medications with **Riverside Capital Chemist's** experienced and dedicated pharmacists
- Talk to **Migrant Resource Centre North** about settlement services for migrants and NDIS services
- Ask **Mosaic Support Services** about their quality tailored life skills & training programs, & supported independent living, emergency & planned respite programs
- Want quality and affordable rental accommodation for seniors within a comfortable community environment? Talk to **Eureka Villages**
- Fire Safety. Know the burning issues and let the **Tasmania Fire Service** help make you safer through homefire and bushfire safety planning
- Speak to **Red Cross** about the benefits of taking humanitarian action, they might surprise you

What's on?

Art Therapy Hub

- Paint a canvas, play a drum, or create mind-stimulating activities to help improve people with dementia with **Art Therapist Victoria Wentworth Ware**
- Let the **Crafty Corners** crew show you how to get creative

Community Hub

- Dying to Talk? Pick a card with **Palliative Care Tasmania** that will help you prioritise your values to sort out what you want and don't want at end of life
- Want more 'friendship, fellowship & fun' in your life? Talk to **Probus (Norwood)**
- Grieving? **Bereavement Care Network** can help link practitioners and services to support those experiencing loss and grief
- Want to be part of something bigger? See how you can help the **Rotary Club of Youngtown** support Disaster Aid Australia, a Rotary Humanitarian Aid Project
- Ask how you can help **Inner Wheel Kings Meadows** support our community
- **RACT** will provide free tyre checks for those with motorised wheelchairs & free vehicle safety checks for CCT's support workers just in time for Easter

Cooking Hub

- You've seen them on the telly, you've heard them on the radio, now you can meet the three ladies featured in the Four Roses Flour ad in person and bake a cake with **Lexie Young, Sandra Atkins & Jan Atkins**
- Learn how to make biscotti from an expert, and one of Community Care TASMANIA's clients, **Mrs Antonietta Bolzonello**
- **All Food Coaching's** Alison Gandy will show you how to prepare quick & easy delicious dishes from scratch, and how to store & rotate foods to avoid waste
- Sample treats from the **Cafe Next Door**, a business committed to helping people with disability access hospitality training and to gain independent or workplace skills

Exercise Hub

- Want to stay healthy, happy and connected? Find out what **YMCA** offers
- How fit are you? Ask a **Physiofit** expert to show you some simple fit-for-purpose exercises

Employment Hub

- What does it take to be a support worker? Chat with **Community Care TASMANIA's** experienced support workers and case managers to see if this is the career for you
- Get your super working harder— come and meet with a **HESTA** super specialist
- Come along and find out how **Newport & Wildman** can support you & your wellbeing in the workplace
- Want to work as a support worker? Talk to **CVGT Australia** to find out how

Entertainment & Eateries

- Join an impromptu human orchestra conducted by **Victoria Wentworth Ware**
- Listen to the **Ukuladies** strum their stuff
- Join YMCA's **'Hoop Love Coach' Kate** and discover hula hoop s aren't just for hips
- Limber-up with easy chair exercises with **Sabrina from Physiofit**
- Be stirred by the sound of the saxophone played by **Peter Vandenberg**
- Try traditional **Afghan vegetarian bolani**, sample delicious delicacies from the **Sailor Food & Eat Me Happy** vans & top it off with fabulous icecream from **Cool Tassie Roll** and great coffee and other beverages from **Glennroy Coffee**