



Sunbury Community Health's Tracy and Rachael with Keira, of Country Care. (Shawn Smits)

Ageing in a positive way

You're only as young as you feel – that's the message from the Positive Ageing Expo.

Sunbury Community Health will host the expo on Wednesday, October 19, at the Memorial Hall in Sunbury.

Expo co-ordinator Tracy Sparks said the expo was in celebration of National Carers Week from October 16 to 22 and last week's Victorian Seniors Festival.

"We wanted to do something to celebrate ageing," Ms Sparks said. "Getting older can be a very isolating experience for some people

so it's about getting out and having a chat with people."

More than 20 stallholders will provide information and resources on how to stay young at heart and improve mind, body and soul. There will also be free hearing checks, music by the Harmonix choir and prizes.

Information: www.sunburychc.org.au/event/positive-ageing-expo/ or tracys@sunburychc.org.au

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