

# STEP FORWARD

## TOGETHER™



## Your Wellbeing, Your Plan

### A free peer education information session for seniors clubs and groups

COTA Volunteer Peer Educators will visit your group to explore active ageing and wellness. The sessions are free and a peer educator will facilitate discussions and provide handouts.

Book your session today, by contacting COTA in your State or Territory.

#### **COTA ACT**

P.O. Box 5566, Hughes ACT 2605  
(02) 6282 3777  
communityed@cotaact.org.au

#### **COTA NT**

GPO Box 852, Darwin NT 0801  
(08) 8941 1004

#### **COTA SA**

16 Hutt Street, Adelaide SA 5000  
(08) 8232 0422  
bookings@cotasa.org.au

#### **COTA TAS**

'Westella', 181 Elizabeth Street,  
HOBART TAS 7000  
(03) 6231 3265

#### **COTA New South Wales**

Education Team  
Level 6 280 Pitt Street,  
Sydney NSW 2000  
(02) 9286 3868  
spec@cotansw.com.au

#### **COTA Victoria**

4th Floor, Block Arcade,  
98 Elizabeth Street,  
Melbourne VIC 3000  
1300 135 090

#### **COTA Queensland**

P.O. Box 15525,  
City East QLD 4002  
1300 738 348  
bookings@cotaqld.org.au

#### **COTA Western Australia**

Perron Centre  
61 Kitchener Avenue  
Victoria Park WA 6100  
(08) 9472 0104  
admin@cotawa.org.au

**Be well**

Body, mind, social

**Be open**

Dreams, goals, lifestyle

**Be optimistic**

Emotional wellness

**Be involved**

Choices, control,  
'doing with'

**Step Forward**

Together



Australian Government  
Department of Health



CommunityWest  
Advancing Community Services

COTA  
For older Australians

