

Inner West Healthy Ageing Hub



Keeping you connected and
living your best life

FREE
support for
you and
your family

ARE YOU LOOKING FOR SUPPORT TO STAY INDEPENDENT AND WELL?

The Inner West Healthy Ageing Hub, based at **Newtown Neighbourhood Centre**, provides information and guidance to help older community members navigate their senior years and keep on track with individual health and wellbeing goals.

WHAT SUPPORT DOES THE HUB PROVIDE?



Help to work through issues and find **practical solutions**.



Connection with social **groups, programs** and **activities of interest**



Health and wellbeing **tips** and **resources**



In-person support to help you **plan for your future**

WHO IS ELIGIBLE?

Support is available for people who are:

- living in and around the **Inner West**
- aged **60 years** and older
- **Aboriginal** and **Tores Strait Islander** and aged **50 years** and over
- **family** and **carers** of older community members

Connect with our **Healthy Ageing Advisor** today.



0493 342 221

alexandra@newtowncentre.org

www.newtowncentre.org



11-13 Darley Street
Newtown 2042