



Working with **LGBTI elders** in SA

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COTA
SOUTH AUSTRALIA
For older Australians



CELEBRATING AS WE AGE

Fit for Life FORUM

Want to get moving in spring? Come along to our forum and hear from members of our LGBTI community about Strength for Life [SFL], COTA SA's individually tailored, strength-building program for people aged 50+. SFL is a low-cost way to stay fit and strong while making new social connections in the community. The program is offered at over 100 locations across South Australia and includes some aqua sessions. Other LGBTI active lifestyle groups will also be present at the forum to showcase what they do, so bring a friend and enjoy a cuppa on us. Resources on ageing well for you and your loved ones will also be available on the day.

WHEN: Saturday 24 October, 2 - 4pm

WHERE: Diverse-City, 116 Grote St, Adelaide

FREE: Places are limited

BOOKINGS ESSENTIAL: By 19 October - email events@cotasa.org.au or call 08 8232 0422

Please cancel if you cannot come or are unwell. All COTA SA events adhere to COVID-19 social distancing guidelines.



**Strength
for Life**

We're here for you...

COTA [Council on the Ageing] SA is a not-for-profit older people's movement, working to advance the rights, interests and futures of more than 630,000 South Australians aged 50+.

- **Policy & Advocacy Work**
- **Let's Talk Aged Care**
- **Advance Care Directives**
- **COTA Visitors** - Friends for older people
- **The Plug-in** - Research of the 50+ market
- **Strength for Life** - Fitness program for 50+
- **ZestFest** - Festival for Modern Ageing
- **Rainbow Hub** - Working with LGBTI people
- **Talks for Community Groups**
- **Volunteering Opportunities**
- **Membership & Legal Services**

PLEASE STAY IN TOUCH WITH COTA SA

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