

# Connect Local



## A FREE program for over 65s to promote wellbeing through social connection

### Would you like to:

- Improve your health and wellbeing?
- Join groups to share experiences?
- Get assistance connecting to local activities?
- Do things that interest you with others in your local community?
- Build your support network?

### Is this for me?

If you are 65 years plus, live in Glen Eira, and want to improve your health and wellbeing, then **YES** this is for you!

### How can it help me?

It connects you with local services and activities that help you do what matters most to you.

**Free Call: 1800 929 022**

[enquiries@connectlocal.org.au](mailto:enquiries@connectlocal.org.au)

[www.connectlocal.org.au](http://www.connectlocal.org.au)

Scan the QR code for more information



**Connect Local**

Connect Local is a program by **Connecting Communities to Care**, a collaboration with Bolton Clarke, Australian Disease Management Association and Alfred Health.



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