

# Healthy Ageing Forum

## Fuelling Resilience: Frailty Prevention & Management - Your Blueprint for a Healthy, Vibrant Future



Join us at the Sunshine Coast Health Institute for a day of inspiration and learning focused on frailty prevention and healthy ageing. Hear from leading experts, explore practical strategies to build resilience as we grow older, and connect with others who share a passion for ageing well. This in-person event is a unique opportunity to deepen your understanding and walk away with valuable insights to support healthy ageing. Don't miss it!

**When:** Thursday 26th June,  
9am to 12pm

**Entry:** \$10 (+ booking fee)

**Where:** Sunshine Coast Health Institute,  
6 Doherty St, Birtinya. \*Please park in P2.  
Parking will be validated for all attendees.

**Morning Tea included**

**Tickets available  
via Eventbrite**



### Presenting Partners



Contact Us: **1300 761 011** | [comlinkaustralia.com.au](https://comlinkaustralia.com.au)