

LIVE WELL KAROONDA

Event Schedule

9:30am

Doors Open

Visit stallholders and service providers.
Enjoy a tea or coffee!

10:00am

Welcome

10:10am

Department of Health, Disability & Ageing and Services Australia

Learn about aged care supports and government services

10:30am

Aged Rights Advocacy Service

Statement of Rights

11:00am

Dementia Australia

Lived experience advocates and looking after your brain

11:30am

Diabetes SA

Understanding Type 2 Diabetes: Risks, Symptoms & Prevention

12:00pm

Lunch

Men's Shed and Woodland Pantry

12:30pm

Succulent Planting with **Sophie Thomson**

1:30pm

Artwork Workshop

3:00pm

Close

Visit the stallholders throughout the day to learn more about the programs, services and support available

- Advocacy for Disability, Access and Inclusion
- Carers SA
- Focus One Health

- Sharon Lee Nursing Contractor
- Karoonda Book Club
- The Health Patch - Naturopathic Help

Join us for the whole day, or simply attend the sessions and stalls that interest you most.