



Council on the
Ageing WA Inc.

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Living Longer Living Stronger: Raising The Bar

The Council on the Ageing Western Australia would like to invite you to the inaugural Living Longer Living Stronger Conference, which will be held on Friday 12 February 2010 at the University Club.

Under the theme of 'Raising the Bar' this special 1 day event will challenge the health and fitness industry to strengthen the delivery of Seniors' programs within their facilities.

A number of international, interstate and local presenters have been confirmed for the conference including;

- Paul Taylor;
- Lisa Westlake;
- Tony Petta and Nick Waldron;
- Adam Floyd;
- With more to be announced.

Places at this conference are limited to 80 people, so hurry to book your place!

For further details contact Nathan Trengove at COTA WA on 9321 2133 or by email lls@cotawa.asn.au

- **When:**

Friday 12 February 2010

- **Where:**

The University Club, University of Western Australia, Hackett Drive, Crawley.

- **Cost:**

Living Longer Living Stronger Providers- \$130

COTA WA Members- \$130

All others- \$160

- **To Register:**

Complete the registration form and return it to;

Mail: COTA WA, PO Box 866, West Perth, WA 6872

Fax: 9321 2707

Email: lls@cotawa.asn.au

- **Registration dates:**

Registrations for LLLS providers and COTA WA Members open **Monday 9th November 2009**. All other registrations are open **Tuesday 1 December 2009**.

All registrations close **Monday 1 February 2010**, unless sold out prior.

The conference is limited to 80 places, so hurry to get your registration in!