

Healthy Ageing Forum

**Healthy Brain, Healthy Body,
Healthy Life**



This special event brings together health professionals, community organisations, carers, and older adults to share practical knowledge, evidence-based strategies, and everyday habits that support healthy ageing across all stages of life.

The forum will focus on the strong connection between brain health, physical wellbeing, and quality of life. Participants will gain valuable insights into keeping the mind active, improving mobility and strength, supporting emotional wellbeing, and building healthy routines that contribute to living longer and living well.

Whether you are an older adult, family member, carer, health worker, or simply interested in positive ageing, this forum offers an opportunity to connect, learn, and be empowered with practical tools for a healthier future.

**Tickets available
via Eventbrite**

When: Thursday, 17th September 2026 | 9am to 12:30pm

Entry: Free

Where: Bundaberg Neighbourhood Centre
111 Targo St, Bundaberg South

Free Parking.

Morning Tea included



Presenting Partners

