

Active for Living

Keep Moving for Life

There has **NEVER** been a better time or more a **URGENT** need.



**Physical activity is inextricably
linked to INDEPENDENCE,
LONGEVITY and
QUALITY OF LIFE.**



Our Vision

All Australians living active, healthy and engaged lives at any age.

Our Purpose

Active Ageing Australia focuses on building capacity for All Age Friendly policies, cultures and practices across diverse sectors and communities.



Community Development



Workforce Development





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Learning and Leading

CALENDAR

**CHECK DATES
FOR ALL
WORKSHOPS &
EVENTS**



**EMAA® Leader,
Level 1**



**EMAA® Leader,
Level 2**



**ChiBall Gentle
Moves**



HELP Workshops



**Fresh Moves
Workshops**



**NoFalls Leader
Training**



Tai Chi Leader





Consultancy Services





ACTIVE AGEING AUSTRALIA

ACTIVE FOR LIVING

Gentle exercises
to keep you
moving!



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AGEING
AUSTRALIA

Active For Living

ACTIVE FOR LIVING

Gentle exercises
to keep you
moving!

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 activeageing.org.au

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**Supporting active
lives at any age.**