



# Meet and Greet

V I A Z O O M

with guest speakers:

## **Soula Houndalas** Living Well at Home

**Time: 10am – 11am**

**Date: Friday 6 November**

**Venue: Your house!**



Join Soula and members of the COTA Team online to learn tips and practical tools that will help you take control of your wellbeing and support you to live and age well at home.

The session will be delivered via Zoom. If you are unsure about using Zoom we will be happy to send you our step by step instruction sheets.

We hope that you will join us. Everyone is welcome.

A Zoom link will be provided to participants when they register.

RSVP to [admin@cotatas.org.au](mailto:admin@cotatas.org.au)