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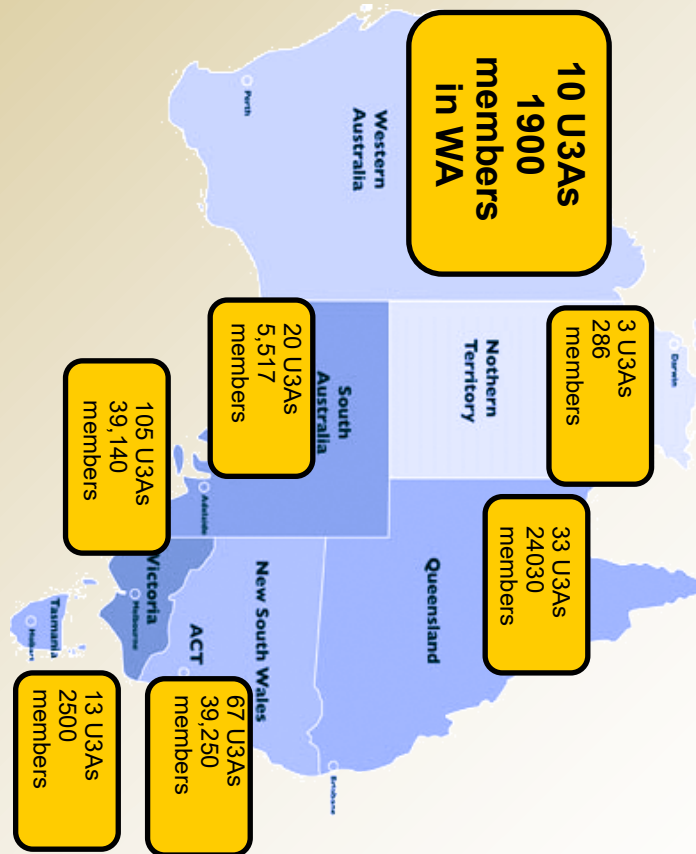
U3A Online u3aonline.org.au

U3A Perth u3auwa.org

U3A ??? Who.will.be.next.org?

Contact us via website at
u3anetworkwa.org.au
 Phone 0421 770 444

University of the Third Age across Australia
 There are over 250 U3As in Australia with over 100,000 members but only 1800 members in WA



U3A Alliance Australia
 links all U3A networks in Australia
www.u3aaa.org



U3A Network Western Australia Inc
 IARN A1016644H

For Life long Learning

The WA Network is the umbrella organisation for University of the Third Age in Western Australia, linking but not directing individual U3As

Our Mission:

- Promote the U3A movement in Western Australia
- Facilitate communication between local and national U3A groups
- Provide support for existing U3A groups and for the formation of new groups
- Establish connections with local and state government agencies and with other appropriate groups in the community



If you and a few other retirees are interested in setting up a U3A group, contact us and we can get you started.



Staying active: mentally, physically & socially



Keeping retirees mentally and physically active and socially engaged keeps them healthier, happier and living independently in their own homes for longer.

Having an ageing population focused on positive living promotes social cohesion and saves the community many dollars.



University of the Third Age (U3A) is an international education movement for seniors started in Toulouse in 1972. Since the first Australian U3A started in 1984, they have spread to all States, - to Western Australia in 1986– and equally popular in rural and metro areas. Each U3A is an autonomous, voluntary, community organisation that provides low-cost learning and leisure activities to retirees. U3A Network WA, formed in 2012, is the State umbrella group supporting individual U3A groups in WA

Its vision is: to promote the movement in WA, supporting U3A groups and introducing new member groups to the benefits of U3A
It is about positive ageing and making the most of lifelong learning for mental and physical health and social engagement.



U3As are fun to belong to but also provide a cost-effective, no-fuss, nationwide preventative health service which deserves support.

A mix of recent research facts:

- ◆ *loneliness is as bad for you as smoking 15 cigarettes a day*
- ◆ *mentally-challenging leisure activities can change brain function*
- ◆ *long-term loneliness is linked to an increased likelihood of developing mental health problems*
- ◆ *loneliness can negatively influence sleep quality, mood, ability to cope with stress and fight infections.*
- ◆ *brain function need not decline with age for people who stay healthy and mentally active*

Be a part of the U3A movement and

**Learn,
Laugh,
Live.**

Contact us via website at

u3anetworkwa.org.au

Or call

0421 770 444