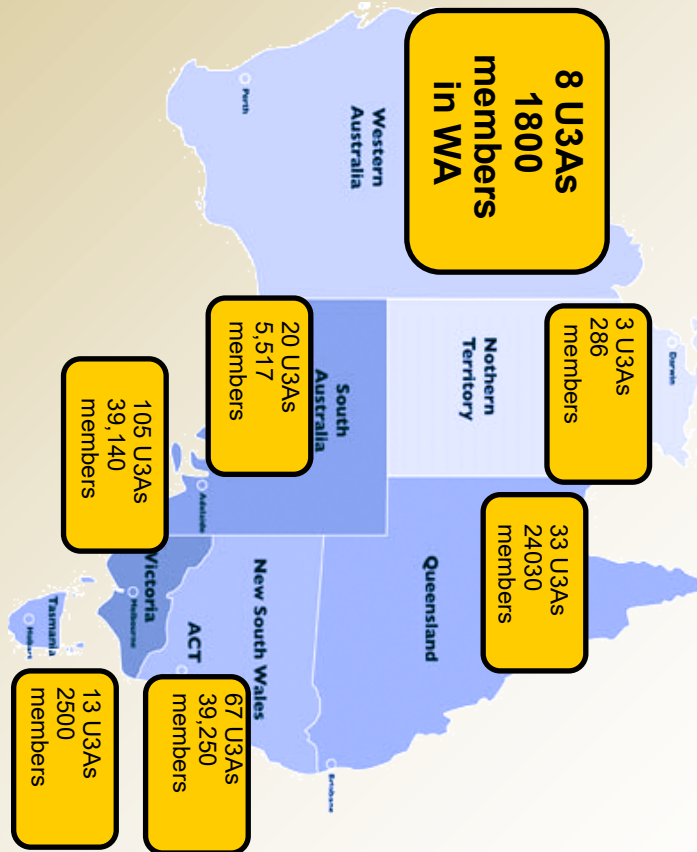




- U3A Armadale: [u3aarmadalewa.org.au](http://u3aarmadalewa.org.au)
- U3A Bunbury [u3abunbury@gmail.com](mailto:u3abunbury@gmail.com)
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- U3A Mandurah: [u3amandurah.org.au](http://u3amandurah.org.au)
- U3A Margaret River: [u3amr.org.au](http://u3amr.org.au)
- U3A Naturaliste: [u3anaturaliste.com.au](http://u3anaturaliste.com.au)
- U3A Online [u3aonline.org.au](http://u3aonline.org.au)
- U3A Perth [u3auwa.org](http://u3auwa.org)
- U3A ??? Next could be you!

**Contact us via website at**  
[u3anetworkwa.org.au](http://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](http://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](http://u3anetworkwa.org.au)

Or call

0421770444