Discover the upside of ageing

LiveUp is a free healthy ageing guide funded by the Australian Department of Health and Aged Care, designed to help you stay independent and socially connected as you get older.

The LiveUp website is packed with impartial information and resources, helpful product suggestions, and local activities and groups to help you take control of how you’re ageing. Learn what you can do when you LiveUp at <liveup.org.au>

If you prefer to speak to someone over the phone, LiveUp offers a free and confidential Navigation service to help you understand and explore your healthy ageing options.

Contact a Navigator on 1800 951 971 or support@liveup.org.au

Social media links

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| Facebook | [facebook.com/LiveUpAus](https://www.facebook.com/LiveUpAus)  |
| Instagram | [instagram.com/liveupaus](https://www.instagram.com/liveupaus)  |
| LinkedIn | [linkedin.com/showcase/liveupaus/](https://www.linkedin.com/showcase/liveupaus/)  |