



Shirley Graham, Council on the Ageing's Marlene Robins and Margaret Piper at the launch of mentally healthy workshops. Pictures: Neil Mulligan [www.communitypic.com.au](http://www.communitypic.com.au) d326956

## Call to get mentally fit

THE Council on the Ageing's mentally healthy workshops were launched last week at the National Seniors' Travel Expo held at Gary Holland Community Centre.

Seniors' organisations, groups and clubs based in Rockingham were invited to host free 'mentally healthy' information sessions as part of the Council on the Ageing (WA) peer education project, funded by Lotterywest.

Mayor Barry Samuels said the workshops aimed to motivate seniors to keep the mind and body active, maintain good social connections and get involved in community activities like volunteering.

Attendees will get ideas



Pat Humphries helped run the Expression art session.

cial connectedness, where to access activities and ways to become more involved in the community, as well as links to

ject officers, and other relevant groups, organisations and service providers.

To book, call Jane or Marlene of CCWA WA on 0931 9123