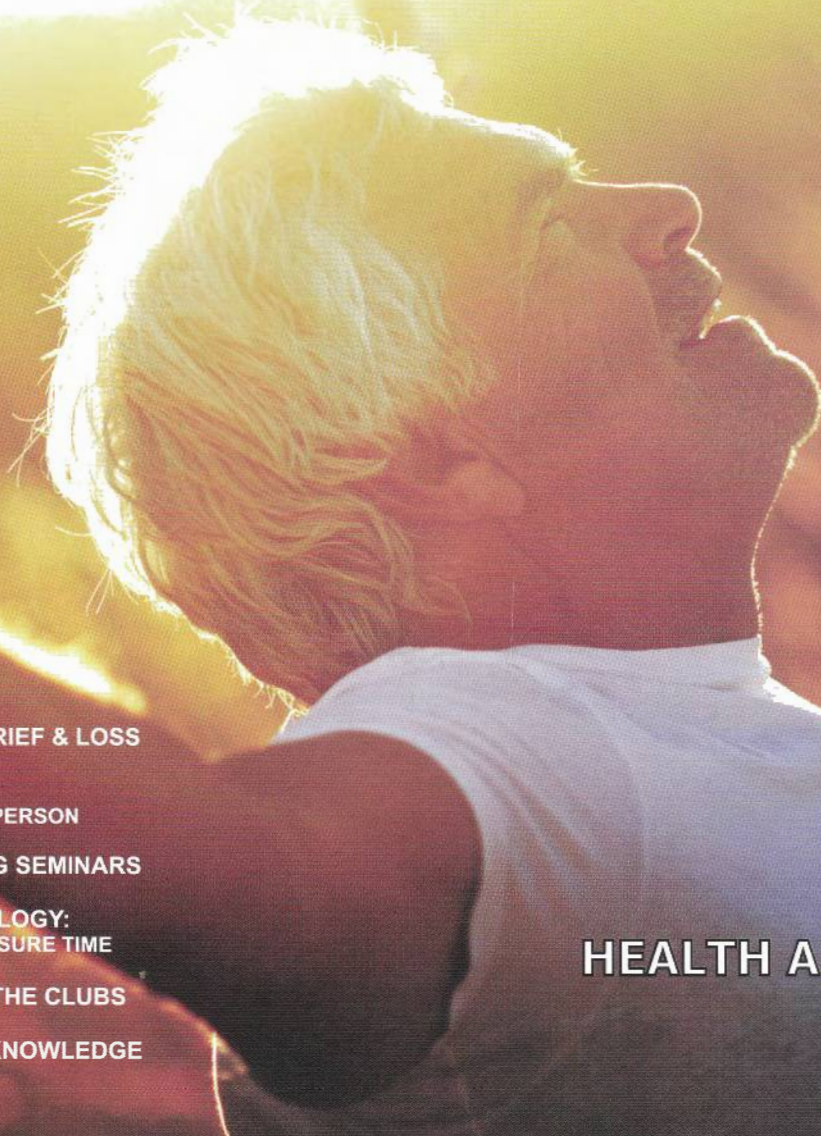




WIN A MINI TABLET or a double movie pass

Complete the enclosed
survey about Information
Technology

Go to Page 9 for details



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HEALTH AND WELLBEING

Let the sunshine in!

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LIFE NEWS

"Life's better together"



Life Activities Clubs™

AUTUMN 2015 | ISSUE 6 | PRICELESS

www.life.org.au

TeamUp is a free app developed by VicHealth to assist people looking for physical activities. The app connects these people to classes, sport teams, clubs, groups and other individuals in the community.

TeamUp can be used in several ways, but importantly it is a perfect way for LAC activity convenors to promote their activities and their clubs to a broader audience.

To download the TeamUp app go to www.teamup.com.au. Also download the 'How to guide for Individuals' and 'How to guide for Clubs'. Please make sure that when you add your LAC activity, you have 'LAC' somewhere in the activity's description to enable easy searching of all LAC activities.



**Find out more
about TeamUp**



You may be eligible for a reduced rate in domestic stamps. Visit auspost.com.au/mypost for details.

What is Round Dancing? A new activity perhaps?

Round Dancing is cued ballroom dancing – you are told what steps to take. It is one of the most enjoyable ways to exercise and keep fit. Dances include rumba, waltz, two step and foxtrot at a range levels.

If your Club is interested to start a Round Dance activity, go to the website and watch a video to learn more www.rounddanceassociationvictoria.org.au



How to make sure your will is found

Congratulations if you have a current, valid will, but where is it? Who will be able to find it? The Australian Registry of Wills, Deeds and Documents has an online registration service. www.theaustralianregistry.com.au