

Cumberland View Retirement Village Ageing Well Presentation by LiveUp

Cumberland *View*
Retirement Living

Presentation: Practical Tips for Ageing Well
Join us for this FREE **LiveUp** session with tips on
staying healthy, active, connected, and
prepared for the future.

Thursday
October 9th
1:00pm – 2:30pm
Cumberland View



cumberlandviewretirementvillage.com.au
Phone: 9795 9166

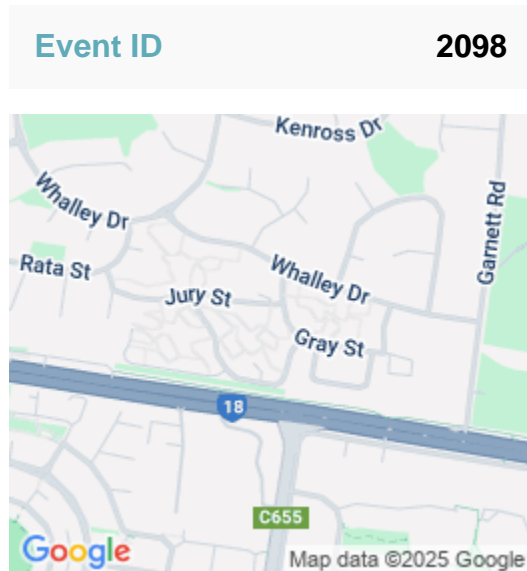
Detail

 Cumberland View Retirement Village

🕒 Thursday, 09 October 2025, 01:00 PM - 02:30 PM 📍 101 Whalley Drive, Wheelers Hill - VIC

Event Overview

This presentation will include practical tips for ageing well, such as maintaining physical health through exercise and nutrition, staying mentally active, and fostering social connections. There will also be discussions on managing chronic conditions, accessing community resources and planning for future care needs. Thursday October 9th 11th at 1:00pm – 2:30pm
Cumberland View Community Centre



Find out more information from
<https://www.downsizing.com.au/events/detail/2098/cumberland-view-retirement-village-ageing-well-presentation-by-liveup>

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