

# Facebook Groups



Wellbeing, gardening, pain management and library groups for older adults

*Here are some suggestions to get you started.*



Visit these websites to find out more

Use the camera on your smart phone or tablet to scan the QR codes



Council on the Ageing Victoria (COTA)

*Raising awareness of issues faced by older Australians.*

**<http://bit.ly/opalma-co>**



Australian Pain Management Association

*Connect with others who have chronic pain.*

**<http://bit.ly/opalma-am>**



Friends for Good

*Ideas for wellbeing & connection.*

**<http://bit.ly/opalma-fr>**



Living Our Best Life

*Practical tips, fun activities & events in the Knox region.*

**<http://bit.ly/opalma-lo>**



Emerald Garden Club

*Post questions about your garden & find information about face-to-face meetings.*

**<http://bit.ly/opalma-em>**



Eastern Regional Libraries

*Articles on history, culture, gardening & more. Information about library activities.*

**<http://bit.ly/opalma-el>**