

U3A AUSTRALIA

U3A Alliance Australia

<http://www.u3aaa.org>

U3AAA members:

U3A ACT Inc.

www.u3acanberra.org.au

U3A Network New South Wales Inc.

www.nsw.u3anet.org.au

U3A Network Queensland Inc.

www.u3aqld.org.au

U3A South Australia Inc.

www.u3asouthaustralia.org.au

Tasmanian Partnership

u3aglenorchy@gmail.com

U3A Network Victoria Inc.

www.u3avictoria.com.au

U3A Network Western Australia Inc.

www.u3anetworkwa.org.au

U3A Online Inc.

www.u3aonline.org.au

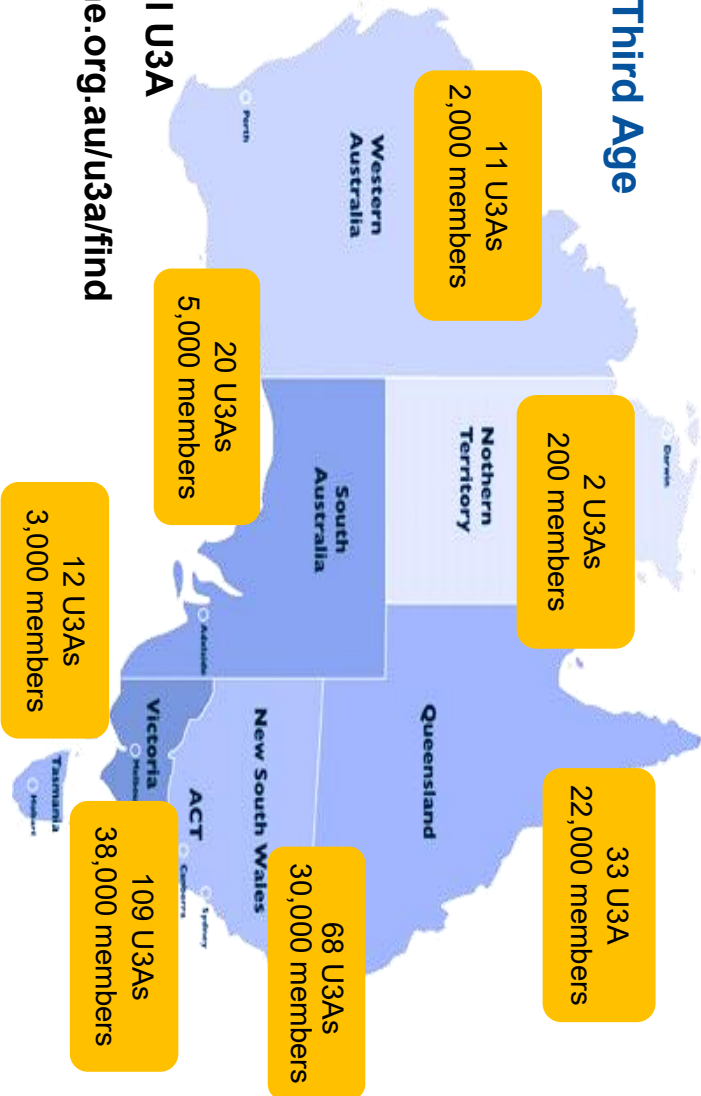
U3A ALLIANCE AUSTRALIA



University of the Third Age
across Australia

There are
over 250 U3As
in Australia
with over
100,000 members

To find an individual U3A
go to www.u3aonline.org.au/u3a/find





**Staying active:
mentally, physically & socially**

Keeping retirees mentally and physically active and socially engaged keeps them healthier, happier and living independently in their own homes for longer.

Having an ageing population focused on positive living promotes social cohesion and saves the community many dollars.



AUSTRALIA

University of the Third Age (U3A) is an international education movement for seniors.

Since the first Australian U3A started in 1984, they have spread to all States, equally popular in rural and metro areas.

Each U3A is an autonomous, voluntary, community organisation that provides low-cost learning and leisure activities to mature-age retirees.

U3A Alliance Australia, formed in 2010, is the national face of the U3A movement in Australia, bringing together the various State U3A networks.

Its vision is: to promote within the Australian community and to the national government the contribution that the U3A movement makes to positive ageing and the benefit of lifelong learning to mental and physical health and social engagement.



U3As are fun to belong to but also provide a cost-effective, no-fuss, nation-wide preventative health service which deserves support.

A mix of recent scary and encouraging research facts:

- *loneliness is as bad for you as smoking 15 cigarettes a day*
- *mentally-challenging leisure activities can change brain function*
- *long-term loneliness linked to an increased likelihood of developing mental health problems*
- *loneliness can negatively influence sleep quality, mood, ability to cope with stress and fight infections.*
- *brain function need not decline with age for people who stay healthy and mentally active*
- *social isolation is a risk factor for heart disease, and can lead to a faster decline in cognitive abilities ... and an earlier death.*
- *death from loneliness on par with smoking and alcohol consumption, twice as bad as obesity*