

# LIVING WELL EXPO



**Celebrating carers, disability and ageing**



**Wednesday, 13th May 2026**

**10am to 2pm**

**Coffs Harbour Showground**

**123 Pacific Highway, Coffs Harbour, NSW**

The Living Well Expo is all about bringing people together. It's a welcoming space for older people, people with disability, and their carers, to connect, feel supported, and discover opportunities to improve health and social wellbeing. With more than 50 information stalls, the Expo provides easy access to local services and community organisations that support people to live active, connected, and fulfilling lives. From health and wellbeing to recreational, educational, and social supports, there's something for everyone to explore and get involved in.

**Free entry, food stalls, giveaways,  
practical support, community  
connection & more.**

**First 200 attendees  
receive a free coffee!**