

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!**