



U3A Perth

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► **To All Members**

U3A Perth has recently signed a Memorandum of Understanding with Mentally Healthy WA by partnering with Act-Belong-Commit. You will notice that our advertising such as flyers and brochures may include the ABC logo and our websites will be linked.

The A-B-C Message

ACT

Keep active in as many ways as you can;
Physically, socially, mentally, and spiritually.

BELONG

Keep connected to friends and family;
Get involved in groups;
Join in local Community activities.

COMMIT

Commit to a cause; become a volunteer;
Learn a new skill, or take up a challenge.

We believe this will be a mutually beneficial relationship with U3A Perth offering A-B-C the opportunity to add our programs to the resources they recommend to members of the public. In turn U3A will become stronger through encouraging people who are looking for interesting activities and who are willing to become involved.

If you have any questions please refer to your Region Committee.

Denise Beer

Chair U3A Perth

9 September 2020

