

“

**It's like sharing a  
part of yourself  
when you are  
volunteering.**

”

*Wendy Dobson,  
Wyndarra Community  
and Resource Centre  
volunteer, Smithton*

For further information  
on opportunities for  
older Tasmanians, visit  
[www.cotatas.org.au](http://www.cotatas.org.au)  
or call 6231 3265.

This project is part of  
the *Inclusive Ageing:  
Tasmania 2012-2014  
Strategy*.

**COTA**   
For older Australians

**vt**

 Tasmanian  
Government