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Lots of people are out there, helping friends and neighbours, it's about being kind and giving time – it's **volunteering.**

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For further information on opportunities for older Tasmanians, visit www.cotatas.org.au or call 6231 3265.

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

COTA 
For older Australians

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 Tasmanian Government