

KEEP WELL KEEP FIT FOR SENIORS

Are you over 65 and looking for fun, social exercise classes?



Join our Keep Well Keep Fit Program for Seniors! Studies have shown that maintaining regular physical activity can:

- help prevent many common diseases, such as heart disease and diabetes.
- improve mental health
- decrease risk of falls
- increase social engagement
- improve cognitive function.

Active Ageing for people with good mobility and balance who want to keep fit and active.

Gentle Exercise for people with reduced mobility who are at risk of falling and want to build strength.

When

Mondays from the 13 January 2020
Active Ageing 10:00 am to 11:00 am
Gentle Exercise 11:15 am to 12:15 pm

Where

Canterbury City Community Centre
130 Railway Parade
Lakemba NSW 2195

Facilitator: Jacque Sekulovski, Accredited Exercise Physiologist, iExercise

Cost: Free

Supported by funding from Active Neighbourhoods for Older Australians (ANOVA) Grant



For more information call **Alison** on **9750 9344**



Canterbury City
Community Centre
Community Building Community