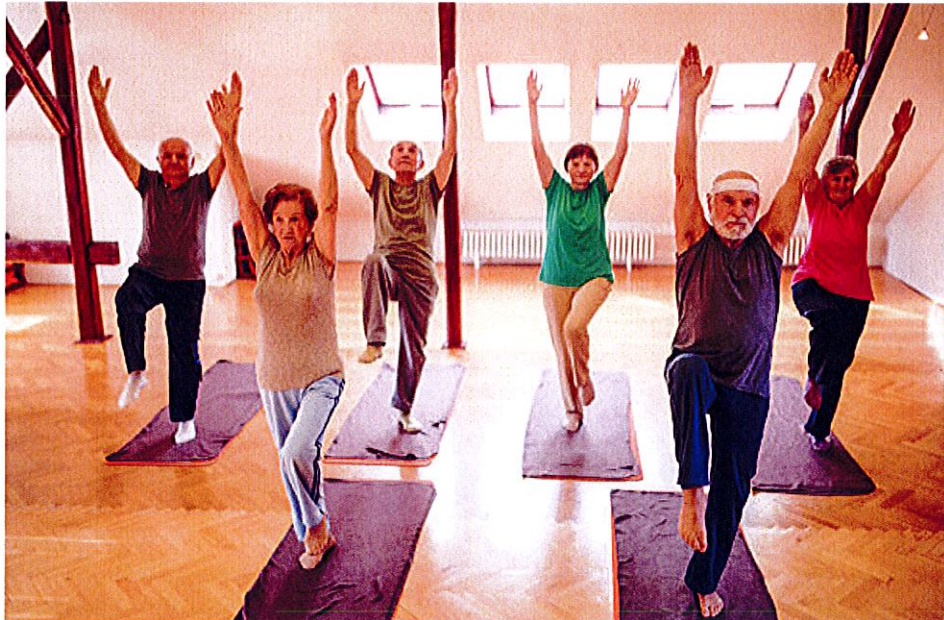


GROUP TONE AND BALNCE CLASS

DEMO DAY

COME TRY IT OUT!



Regular group exercise contributes to balanced health in older adults

These group classes improve functional health, assist in keeping an active mind, a sense of enjoyment, enjoy social connectedness and mutual support. Regular group exercise helps one to enjoy more independence in everyday activities. A feeling of being socially connected and to experience a sense of security in the community through caring for others and supporting each other. As well as being a fun activity do outside of the house in a safe and controlled environmentWITH MUSIC!

WHERE: Games room

WHEN: Thursday 28th Feb @ 10am

WHAT TO WEAR: Comfortable clothes with takkies or barefoot

Contact me (Claire) on 0832030309 – for more information and private training at your home or at the Evergreen lifestyle centre.