

# ACTIVE LIVING FREE FITNESS CLASSES

Suitable for people with stable chronic lung conditions or heart failure



In partnership with Central Eastern Sydney Primary Health Network (PHN), Canterbury City Community Centre is offering free Active Living fitness classes every Wednesday at the Centre until June 2019. Each weekly class will be run by health professionals who are trained to exercise people with chronic lung conditions and heart failure, however all community members are welcome and classes are FREE for everyone. Participants can join any time and will need to wear comfortable clothing and footwear, and bring a bottle of water.

## When

Every Wednesday  
Commencing 15 August 2018  
12:30 pm to 1:30 pm

## Where

Canterbury City Community Centre  
130 Railway Parade  
Lakemba NSW 2195

## Light refreshments provided

In partnership with Central and Eastern Sydney  
Primary Health Network (PHN)

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



Canterbury City  
Community Centre  
Community Building Community