

STAY ACTIVE STAY WELL

Free Exercise Classes for people over 65



In Partnership with Central Eastern Sydney Primary Health Network (PHN), Canterbury City Community Centre is offering free gentle exercise classes every Monday. Each weekly class is run by a health professional and is tailored to the needs of people over 65. Already registered with My Aged Care? Come along any time. Not yet registered with My Aged Care? We can help.

Participants can join any time and will need to wear comfortable clothing, footwear and bring a bottle of water. Limited local transport available.

When

Every Monday
8 October 2018 to 31 August 2019
11:30 am to 12:30 pm

Instructor: Jacque, Accredited Exercise Physiologist, PHN Central and Eastern Sydney

Where

Canterbury City Community Centre
130 Railway Parade
Lakemba NSW 2195

Cost: Free
Light refreshments provided

Funded by a grant from Campsie RSL
through the Club Grants Scheme



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



Canterbury City
Community Centre
Community Building Community