

# PHYSICAL FITNESS FOR OLDER PEOPLE

Free information session for people over 65



## During the information session you will:

- Learn about the 4cs *Keeping Well for Seniors Exercise Program* supported by NSW Seniors Festival Funding
- See a demonstration by our Monday Exercise Group
- Hear from fitness professionals on why it is important to keep exercising as you get older and how to do this safely
- Receive your FREE exercise program
- Enjoy a light lunch together

## When

Monday 18 February 2019  
10:00 am to 12:30 pm

## Where

Canterbury City Community Centre  
130 Railway Parade Lakemba NSW 2195

Cost: Free



NSW Seniors Festival Funding

For more information and bookings call Alison on 9750 9344