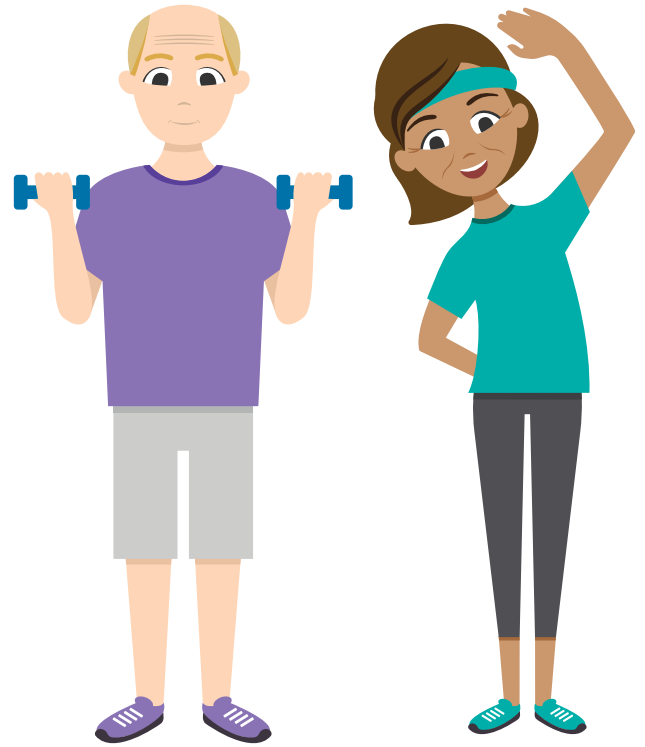


Healthy and Active for Life

Come along to our **FREE** healthy lifestyle program.

A great opportunity to get active and meet new people!

Healthy and Active for Life is a free community based program for **adults over 60 years of age**. The program runs for 10 weeks, 2 hours per session, one session per week.



If you are interested in attending the program or would like more information, please contact:

Name:

Phone:

Email:

Each session includes:



60 mins of circuit exercises



45 mins of facilitated discussion and activities on a range of healthy lifestyle topics



Time to socialise with other participants

