

seniors gentle exercise program

when

Meets on the 2nd and 4th Wednesday of every month from 11am - 12:30pm

where

Tom Foster Community Care
11 -13 Darley Street, Newtown.

what

- > 1 hour exercise session facilitated by qualified instructors
- > A healthy light lunch
- > Transport may be arranged
- > Meet new people and have fun

To register contact Megan on 9335 2187

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