



Communities@Work
dedicated people making a difference

Facilitated by a qualified instructor

Exercises are aimed at:

- Improving mobility
- Strengthening muscles
- Improving balance
- Helping to prevent falls

Sessions will be held on Thursday **9:30 am** beginning on **7 June** at

*The Centre 4 Seniors
Weston Creek Community Centre
Coleman Court, Weston*

Morning Tea/Lunch available - FOR BOOKINGS CALL 6288 4744