



Move to Live is an exercise program for ages 50 and above! It focuses on strengthening, balance, and fall prevention.

DELIVERED BY HEALTH PROFESSIONALS FOR ALL LEVELS OF FITNESS! WALKING AIDS ARE WELCOME.

**COST: \$5 PER SESSION (CASH ONLY)
ALTERNATIVELY \$50 PAYMENT PLANS ARE AVAILABLE**

**WHEN: 10:30 - 11:30 AM
STARTING FROM
WEDNESDAY 17TH JAN
2024**

**WHERE: 162 GOLDEN
VALLEY DRIVE, 2756**

For more information, please contact the Glossodia Community Centre and speak to Bianca or Rae

Email: info@glossodiacc.org.au

Phone: 02 4576 5542

