

# Balance and Mobility For Good Health

## What are the benefits?

- Maintains / restores strength
- Improves balance
- Strengthens bones
- Ease of daily activities
- Prevents falls
- Improves flexibility
- Fun social environment

## Who will benefit?

Older people, especially if you have ceased exercise or have a sedentary lifestyle.

Older people who have ceased participation in activities due to low confidence, fear of falls or health problems.

Run by  
Accredited  
Exercise  
Physiologists

### WHEN:

Every Friday Morning 10.15 & 11.00 a.m.  
Groups run for 30 mins

\$5.00 per session

### CONTACT :

Community Support Office to register

(03) 8558 4700

**WAVERLEY**  
**RSL CLUB**

\*Please Note: You must be a financial member  
(Service, Affiliate, Social) of the Sub-Branch to attend