



## EXERCISE CLASSES:

**Strength, Balance, Flexibility**

### 8 Week Program

One of the best ways to remain healthy is to keep an active lifestyle. Through regular exercise, preventative therapies and social activities, you can reduce the risk of injury and illness and improve your overall health.

This weekly exercise program, run over 8 weeks, will focus on exercises and skills that will help with falls prevention.

## Format

Weekly classes held on Wednesdays. You are not required to come to all 8 classes - just whatever you can make it to.

## Who is it for?

People 65+ and their families interested in preventing falls risks, safety and improving general health and wellbeing.

## Cost

\$10 per session or \$70 for 8 sessions if paid in full at the first session.

Refer a friend and attend one session for free.

## Where?

### **Mercy Community Services**

Bethesda Centre

125 Queens Rd, Nudgee

*See the website for directions.*

## When?

The programs run in eight week cycles. Please call us about upcoming dates.

## Contact Mercy Community Services

Get in touch to confirm your place at our 8-week exercise program

Phone: 07 3260 9555

Email: [agedcare.admin@mercycs.org.au](mailto:agedcare.admin@mercycs.org.au)

Web: [agedcare.mercycs.org.au](http://agedcare.mercycs.org.au)