



Seniors Gentle Exercise

Term 1 2013

dates

5 February, 19
February

2 April

5 March, 19
March

End of Term 1

Join us for a gentle exercise program designed for seniors. Exercise can help you maintain healthy weight, improve your co-ordination and balance and improve your feeling of wellbeing.

Every 1st and 3rd Tuesday of the month

From 10am–11am

At Karabi Neighbourhood Cottage

29 Aleta Way Seven Hills

Cost \$6.00 per session

Refreshments provided

Transport available for local residents. Members must be over 60 years and living in Blacktown LGA.

For more information please contact Marcela on 9688 1084 or email: ssw@karabi.org.au.



Karabi
Community & Development Services Inc

Karabi Social Support Project is funded by

Ageing Disability & Homecare