



Aged
Services



Community
Resource Centre



Child & Family
Services



Volunteer
Program

Engadine Community Services

Weekdays 9.30 am - 4 pm
2nd & 4th Saturdays 9 am - 12 pm

www.ecs.org.au

1034-1036 Old Princes Hwy
Engadine [beside Engadine Court]

9520 7022

Seniors' Fitness Group



Mondays 2.30 –3.30 pm
\$10 per class [invoiced monthly]

Join a small class, with low intensity exercise focusing on movement & maintaining core abilities as you age:

- Balance
- Flexibility
- Strength
- Good posture
- Coordination

You need a My Aged Care referral (1800 200 422) for Engadine Community Services [Social Support Group] & to complete a pre-screening form.

Our instructor, Mitch, has Certificates III & IV in Fitness (including older clients). A volunteer can be organised to assist individuals.



This activity receives funding from the Australian Government through the Commonwealth Home Support Programme



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