



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



Parkinson's Fitness Group

Do you want exercise, but need a program & people to support you at your own level & pace?

Join a small fitness class that focuses on challenges affecting people with Parkinson's Disease & similar:

- Balance
- Flexibility
- Core Strength (special attention to strong legs to improve walking)
- 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.

Mondays 12 - 1 pm or 1 - 2 pm

Our instructor, Mitch, has Certificates III & IV in Fitness (including older clients).

Plus, there are volunteers on hand to help.



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



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