



**For A Happy
Healthy Life**

HEALTHY BALANCE

Healthy Balance is designed to improve your balance and reactions. These classes give you the confidence to keep moving safely and improves strength and function with enjoyable yet achievable activities.

Our classes are run by two of our Allied Health Professionals. Exercises will include leg strengthening exercises and balance exercises to keep you mobile and confident on your feet.

If you have any questions about attending or levels of fitness or movement ability please feel free to get in contact with a member of our team.

When: Wednesday 11:15am - 12.15pm

Where: Seniors Hall, 4 Whelan St, Apollo Bay

Cost: \$10.00

Bookings: Call 03 5237 8575

Enquiries: Email info@gorh.vic.gov.au