



**For A Happy
Healthy Life**

STRENGTH FOR LIFE

Strength For Life is a program designed to increase strength and agility and keep you fit on your feet. You're never too old to gain muscle strength – in fact, strength training is especially important as we get older. Strength training can help you to:

- Stay active and independent with everyday activities like shopping, gardening, climbing stairs and playing with the grandchildren
- Prevent or manage chronic conditions like arthritis, osteoporosis, type 2 diabetes and cardiovascular disease
- Manage your weight
- Improve your posture, balance, coordination and flexibility
- Build confidence and self-esteem.

When: Tuesday and Wednesday at 9.30am

Where: Seniors Hall, 4 Whelan St, Apollo Bay

Cost: \$10.00

Bookings: Call 03 5237 8575

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