

OLOC

**GET**

**YOURSELF**

**MOVING**

*Advanced Programs  
@ Penrith*

An Activity of:

**OUR LADY OF  
CONSOLATION**  
AGED CARE  
& SERVICES

At the  
*Penrith  
Senior Citizens  
Centre*

*Wednesdays*  
**8.30am**

For people  
*55 years*  
and over



*Life's much better when  
you get yourself moving*

## Helping you get started



**Call our GYM Programs  
Manager on 9832 5451.**

**Or any member of the team  
will be happy to take the  
time to answer all of your  
questions.**

Exercise is of vital benefit to older people. It can help to minimise pain and improve function, fitness and mobility.

Our approach uses exercise as a key tool to keep people active and independent and at home for longer.

See more at: [www.olocgetyourselfmoving.com](http://www.olocgetyourselfmoving.com)

Or visit us and try a class for yourself.  
**To attend these classes regularly you will  
need to obtain a GP clearance.**