



## 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

Or visit us and try a class for yourself.

To attend these classes regularly you will need to obtain a GP clearance.