

OLOC

GET

YOURSELF

MOVING

*Advanced Programs
@ Penrith*


An Activity of:

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

At the
*Penrith
Senior Citizens
Centre*

Wednesdays

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

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