

OLOC  
**GET**  
**YOURSELF**  
**MOVING**

Programs  
@ Toongabbie


An Activity of:

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

OLOC  
Toongabbie  
70 Aurelia Street  
Toongabbie

Tuesday,  
Wednesday,  
Thursday  
and  
Friday

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.oloc.com.au](http://www.oloc.com.au)

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