

12 week Exercise Physiologist led program



FALLS PREVENTION



weekly
classes starting

Tuesday
30th July 2024
1.30pm-2.30pm

Sharrott House,
8 Rochester Road,
Canterbury

**Keeping you stronger
and independent for longer**

Drawing from evidenced based principles, this program aims at improving balance and reducing your risk of falls.

The program includes:

- Pre & post-course assessment 1-2 weeks prior
 - 12 weekly group exercise classes (60 minutes)
 - Educational Presentations
- * Eligibility criteria applies

12 weekly
Group
Classes

**Book
TODAY**

Approximately 1 in 3 Australians aged 65 and over fall each year.

Cost: \$200 (subsidised) / **\$475** (standard fee) T&C's apply

Transport - \$5* each way (booking required and conditions apply)



BOROONDARA AGED SERVICES SOCIETY

BOOKINGS **9880 4709**
EMAIL socialsupport@basscare.org.au
WEBSITE basscare.org.au
FACEBOOK @BASScareAgedCare