



BALANCE & STRENGTH CLASS

You must have a commitment to attend each week and practice at home

Calling over 55 year olds wanting to improve strength and balance.

Mon 12 Feb 2024| 9:30 - 11:00am - 7 Weeks

Exercise 9:30 - 10:30 am followed by a short period of contemplation and mindful breathing

Located at the Highland Park Library

Criteria Applies

- ✓ Must have an exercise level 2/3 (reasonable mobility).
- ✓ Confident in attending and participating in group exercise.
- ✓ Committed to attending each week 12th February until 25th March .

Ways to register

- Ask your doctor or nurse for a referral
- Self-refer on website
www.easthealth.co.nz/selfmanagement

For more information

contact Parvin Kapila at parvink@easthealth.co.nz or phone on (09) 538 0599