



SENIORS



Move for your Health & Prevent Falls



1/2 of all older Australians are not meeting the recommended amount of physical activity

30% of people older than 65 years of age fall every year.

There are no age limits to being active.
please turn over for further details

Call 1300 73 98 99
goforyourlife.vic.gov.au

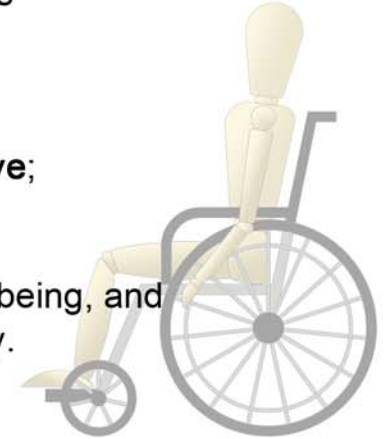


Regular movement can reduce your risk, or help **manage**;

- being injured in a fall
- heart disease
- type II diabetes
- osteoporosis
- obesity
- arthritis

and can **improve**;

- balance
- strength
- general health & well-being, and
- joint mobility.



Join our team at Women's Health in the South East (WHISE) and become active.

Contact Robyn Smith
0404 058 718
rsmith@whise.org.au

15 Scott Street Dandenong
for further details



Each group session runs for 45 minutes at your nominated venue, and costs each participant a gold coin donation to WHISE.

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