This program is a unique, research based and proven guide to improve overall health, wellbeing and physical strength whilst creating new social connections and companionship.

The aim of the program is to reduce falls, increase confidence and give people the tools to remain active, safe and independent within their community.

The program has a range of guest speakers including: occupational therapists, physiotherapists, dietitians, pharmacists, transport and safety presenters.

The program runs one day per week over 7 weeks.

**When:** Commencing Monday the 10th October and weekly thereafter until 14th November

**Where:**

**Time:** 10:00 am to 12:00pm

**Cost:** NIL

