

# Strengthening for Over 60s



**Do you want to improve your  
strength and balance?**

*Strengthening for Over 60s is a  
fun and effective group program  
designed by a physiotherapist at  
St George Hospital.*

*We will help you build your  
strength, maintain your bone  
density, and remain independent  
for longer as you get older.*



## Find a program near you today!

The Strengthening for Over 60s program is safe as it is led by qualified and experienced fitness professionals. They will tailor the program to meet your needs and goals and provide encouragement and support.

The program is based on research and guidelines that give real results.

### Class locations

- Caringbah Seniors Citizens Hall
- Gunnamatta Park Pavilion Cronulla
- Menai Indoor Sports Centre
- Miranda Community Hall
- Carlton School of Arts
- Carss Park Community Centre
- Mortdale/Oatley Baptist Church
- Oatley RSL Club
- Old's Park Sports Club
- Ramsgate Lifesaving Club

**Cost:** \$100 per 9-week term

**More information and registration:**  
[SESLHD-strength@health.nsw.gov.au](mailto:SESLHD-strength@health.nsw.gov.au)