

# GROUP EXERCISE CLASS



## HELPS TO EFFECTIVELY BUILD UP STRENGTH AND MOBILITY

delivered by Amelia, Physiotherapist expertizes in  
paediatric, disability, neurological & aged care services



### Belmore Weekend Program

#### Date and time:

- 18 February 2023
- 2:30pm—4:00pm

#### Venue:

- Belmore Senior Citizens Centre

### Program will include:

- Balance & coordination exercises
- Resistance training using weights, resistance bands or body weight
- Core strength & endurance
- Posture correction
- Relaxation exercises
- Games and much much more ...

Enquiries 查詢: text 0406 233 222 Tues & Thurs 10am - 3pm



澳洲弱能兒童協康會

CHINESE PARENTS ASSOCIATION-CHILDREN WITH DISABILITIES INC.