

Be Active – Find Your Why

Come n Try – Outdoor Gym Sessions

Experience FREE 'Have a Go' sessions for adults over 50. Learn how to use the outdoor fitness equipment with expert exercise physiotherapist guidance. Hurry, only 12 spots available so book now!



Express interest for future sessions if unable to attend. For more information go to www.salisbury.sa.gov.au/why or enquire at a Seniors Centre.

Dates:

Mon 7 August - Springbank Boulevard Reserve at Burton
Mon 11 September - Dry Creek Trail, Mawson Lakes

Time: 10am to 11am

Bookings: at JYC Reception
(2 Orange Ave, Salisbury)
or call 8406 8525.

For more information on how you or someone you know can get involved, visit:
www.salisbury.sa.gov.au/seniors

