



Health In Our Hands

What's on in our in our centre this week.

We are located on 3rd floor (next to yellow lifts) and open from 10.00am to 3.00pm Monday to Friday—everyone welcome.

Monday We are open for health information or you can come in and just have a cuppa and a game on our Wii console.



Tuesday 9.30am to 10.30am Tai Chi followed by sitting type exercises until 11.30am. After lunch at 1.30pm Move It or Lose It exercise group (a more vigorous workout)

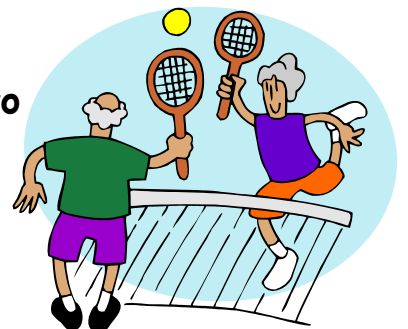


Wednesday Tai Chi at 10.30am till 11.30.am. We also run information sessions and our courses in the afternoon occasionally



Thursday Walking group 9.00am at Civic Park (opposite "Maccas"). Sitting type exercise group—starts at 10.30am (Ideal for anyone who wants to start some gentle exercising—great for in patients). Move It Or Lose It group at 1.30pm until 2.30pm (more vigorous workout)

Friday 10.30am come along and exercise using our Wii console—many keep fit activities and games for all to enjoy and have fun. Tai Chi 10.45am to 1200pm at Ramsey St Church hall



Check out our website at www.inourhands.com.au