

WELLNESS 2 AGE

run by trained health professionals.

STAY STRONG • STAY SHARP • STAY INDEPENDENT



“The activities were really fun, and I picked up practical tips so I can stay independent at home.”



10 weeks

of friendly group sessions
in your community



60+ years

no diagnosis or referral
needed to take part

50+ for First Nations people



Free of charge

every ability welcome;
walking aids, no barrier

Nowra

Tuesdays

1:30pm - 3:00pm

starts 11th August

IS THIS FAMILIAR?

- Feeling less active?
- Finding everyday tasks more difficult
- Changes in memory or concentration?
- Concerned about falling or recently had a fall?

WHAT YOU WILL GAIN:

- Stronger body and better balance
- Sharper mind and memory activities
- Greater independence at home
- New connections and community support

READY TO FIND OUT MORE?

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Scan or
register here:
<https://bit.ly/wellness2age>



**Charles Sturt
University**



**Healthy
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