



Open to all ages

All abilities and fitness levels

Strength training BENEFITS FOR ALL

Exercise strengthens muscles, bones and joints.
Stronger muscles help you do more.

If you experience pain, strength training actually helps reduce pain by taking the strain off your joints.

No matter what your age, the evidence is loud and clear:
simple strength training completed regularly, can and will help.

Don't let pain, stiffness or inexperience hold you back

Our Smoother Movers® Strength Training Programs are all run by qualified exercise professionals who complete specialised training. So you can be confident that you're exercising safely, correctly and for maximum benefits.

WHERE: Geeveston Community Hall
Brady Street

WHEN: Thursdays 1:30 - 2:30pm

COST: \$15 per session

BOOKINGS ESSENTIAL:
Phone: 6228 4824

Email :info@arthritis.org.au