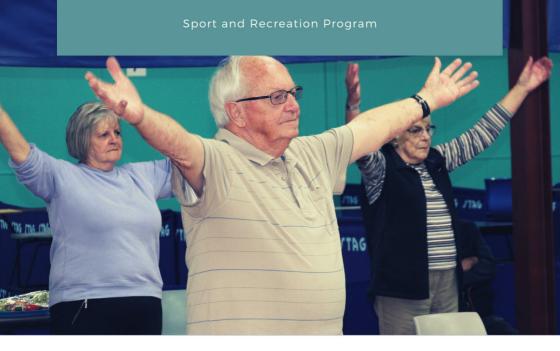
DEVONPORT CITY COUNCIL

AGEING STRONGER, ACTIVE LONGER



Ageing Stronger, Active Longer

A low impact fitness session designed to help improve strength, balance and coordination of Senior Citizens.

Sessions include 30-40 minutes of exercise, afternoon tea and occasionally industry guest speakers.

Returns in 2020. First session Tuesday, 21 January

Cost:
Gold Coin Donation

Ageing Stronger, Active Longer

When:

- Tuesdays: 1:00pm 2:00pm @ Devonport Recreation Centre
- Wednesdays: 2:00pm 3:00pm @ East
 Devonport Recreation Centre
- Thursdays: 12:00pm 1:00pm @ Devonport Recreation Centre

Where:

- Devonport Recreation Centre (Table Tennis Building), 34 Forbes Street, Devonport
- East Devonport Recreation Centre, 67
 Caroline Street, East Devonport

Phone: 6424 4109

Email: council@devonport.tas.gov.au

"Since starting this program I have increased my strength, improved my balance. I appreciate the staff and the good company!"

A 2019 participant

