



You're
Invited!

Free Tai Chi class & falls prevention information session

Free Healthy & Active Ageing Event

Join the Healthy & Active Ageing Team in partnership with Bolton Clarke and Belgravia Leisure to learn tips on how to prevent falls, information on risk factors and activities to increase strength, mobility and balance. Belgravia Leisure will host a free 45 minute Tai Chi class following the information session. Suitable for all levels of fitness and abilities.

Bookings Essential

Online: www.trybooking.com/DJYUP

Phone: Healthy & Active Ageing 1300 368 333

Email: seniors@yarraranges.vic.gov.au

Tuesday 21st April

2pm - 4pm

Civic Centre, Lilydale

15 Anderson St

Light refreshments provided

