



STRONGER TOGETHER

FREE!
2 TERMS

- ✓ **IMPROVE MENTAL HEALTH & COGNITIVE FUNCTION**
- ✓ **STRENGTH TRAINING FOR MOBILITY & FALL PREVENTION**
- ✓ **HAVE FUN & MAKE FRIENDS**
- ✓ **MOVE IT OR LOSE IT!**

MORRIS IEMMA INDOOR SPORTS CENTRE
150 BELMORE RD NORTH, RIVERWOOD NSW 2210

Mondays: 11am-12pm TERM 1 & TERM 2 -2026 ONLY

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