

This Month the HACC is excited to introduce a Friday morning exercise class aimed at Strength and Balance as you age this Class will be run by Barbra from :



This Class will be \$5 for Clients and \$10 For Non Clients

Classes will commence at 9:30am on Friday the 10<sup>th</sup> of June

Here are Some Great Reason you should come along .....

Benefits of regular participation in these classes include

Reduced risk of falls, and falls injury, by developing balance and lower limb strength.

- Reduction of obesity through participation in a regular ongoing physical activity program.
- Improved well-being through ongoing social contact with others; alleviation of stress and anxiety.
- Improved health, confidence and mobility to remain active and independent for life.
- Improved bone density and the reduction in the incidence of osteoporosis.
- Increased lean muscle tissue and strength.