

Strength & Balance classes at Charmhaven Community Centre

Research has shown that strength training can alleviate the effects of chronic conditions such as Arthritis, Type 2 Diabetes, Osteoporosis and Heart Disease. Strength training has also been shown to:

Improve balance and reduce risk of falling

Enhance mental wellbeing

Improve strength and coordination

Raise self-esteem and self-confidence

Reduce lower back pain

Improved ability to undertake activities of daily living and maintain an independent lifestyle

More details and how do I get involved?

Initial 1 to 1 Assessments for all clients by an accredited exercise professional and a personalised exercise program written to your needs/goals. This needs to be book in prior to starting classes

Supervised, progressive strength training sessions by Strength for Life Instructor/Exercise Professional to oversee the sessions.

An accessible and safe environment for people 50 years and over and great opportunities to socialise

\$40 initial 1 to 1 Assessment and individualised exercise program

\$30 for concessions: Health care card/Gov pension

\$9 per class (1hr)

Venue: Charmhaven community Centre, 4 Narara avenue
Charmhaven NSW 2263

Strength for Life Facilitator: Amanda Doring
For information or to book onto the program:

Call: 0412 611 727

Email: amandadoring@hotmail.com

