

Boost Your Brain & Body Health

Train your body and your brain! This exercise class is suitable for those over 50, living with or without a neurological condition and looking to keep your brain sharp. It is designed to challenge brain health through neuro-active exercises that promote neuroplasticity - the ability of the brain to adapt and grow.

You will be guided by an Exercise Physiologist in a fun and supportive group. Each session will be different and may include exercises such as balance, coordination, weights, dance, and boxing.

Please wear/bring closed in shoes, comfy clothes, towel and drink bottle.

Fridays x 6 07 February - 14 March
11:00am - 11:45am
Casuarina Aquatic & Leisure Centre - Community Room
17 Gsell Street, Casuarina

★ **Bookings required!**

Instructor: Sally - Emerse

Book online www.emerse.com.au or phone 0491 366 693

E - sally@emerse.com.au



Only \$10 per session!

To find out more about this activity,
contact the instructor directly.



To find out more about Healthy Darwin:

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