

### Fitness 4 Independence

A program specially designed for individuals aged 50 and over, focussing on enhancing strength, balance and flexibility - the key elements necessary for maintaining independence as we age.

Through a series of targeted exercises, you will work on improving stability, increasing range of motion and building muscular strength needed for daily activities.

This program not only aims to improve physical health but also fosters confidence and empowers participants to maintain an active, self-sufficient lifestyle.

Whether you are looking to prevent falls, enhance mobility or simply stay fit, Fitness for Independence provides a supportive and motivating environment to achieve these goals.

**Fridays** 03 October - 27 March

**9:00am - 9:45am**

**Casuarina Aquatic & Leisure Centre Community Room**  
17 Gsell Street, Casuarina

★ Bookings required! [superageing.com.au/bookings/](https://superageing.com.au/bookings/)

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**SUPERAGEING**  
SHARON KELLY

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

**Only \$5 per session!**



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