



Seniors Resistance Exercise Program

Mondays 10:00-10:45am

A new exercise program to help seniors stay active and meet new people.

In this program, we will introduce safe exercise with resistance to help keep your muscles, bones & joints healthy, and improve your balance.

Location: Healthy Living NT, 2 Tiwi Place, Tiwi

Cost: \$5 per person

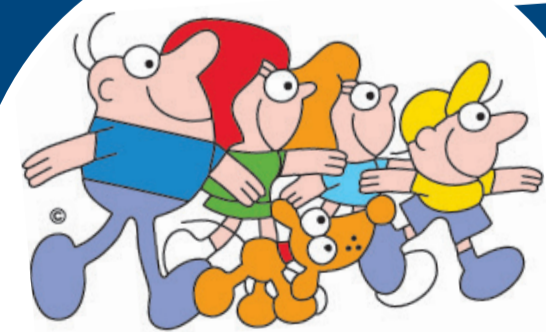
Bookings required!

Contact: Jodie - hpm@healthylivingnt.org.au or 8927 8488

BYO mat,
towel &
a water
bottle

Make new
friends
while you
get fit!

healthy living NT



Life. Be in it.™



darwin.nt.gov.au/healthydarwin
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Healthy Darwin