



STAY ON YOUR FEET®

Move

Improve

Remove

Build Your Balance Launch

- Participate in the Wheatbelt's biggest senior Stay Active class (wear appropriate footwear)
- Celebrate 20 years of Stay Active classes in the Wheatbelt and recognise the Stay Active volunteers
- Find out why balance is important to keep you strong and independent
- Have your balance tested
- Take part in a tai chi class, and
- Join us for a free lunch!

Who: All older adults and carers welcome

When: Friday 1 September, 10.00am – 1.30pm

Where: John Higgins Centre, Narrogin

Please RSVP to Paige at Southern Wheatbelt Primary Health on (08) 9881 0385 or southernwheatbelt.phs@health.wa.gov.au by Thursday 24 August.

