

Choose a **Healthy Lifestyle!**

A **FREE** ten week program to find the balance!

**Starts Tuesday , 5th May 2009**  
**@**  
**Goodna Neighbourhood House**

**10.30 am - 12.30pm each Tuesday**  
**10 week program**  
**1 formal session per week**

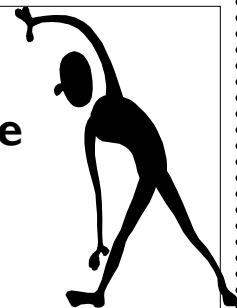


*Funded by the Australian  
Government Department of  
Health and Ageing*

**If you are over 50 this 10 week program will give  
you tools to maintain an active life and maximize  
your health & wellbeing.**

**Each 2 hour session will be flexible & include**

**First hour : Health Information e.g Nutrition (eating well  
& including practical tips) Cardio Health, Diabetes, Living  
with stress, Foot care, and more! Your ideas!**  
**2nd hour: Exercise! (Yes, Move it or Lose It! )**



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**QKFA**

**Ipswich 60 and Better Program**  
**Inc. Level 1 Humanities Building**  
**56 South Street**  
**Ipswich 4305**

**For more information & to  
register:**

**Anne or Sarah on  
3282 8644 or**

**Email: [ips60bp@gil.com.au](mailto:ips60bp@gil.com.au)**