

Choose a **Healthy Lifestyle!**

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

Starts Tuesday , 21st April 2009

@

**Laidley Sports Centre
54653322**

**10 am - 12noon each Tuesday
10 week program
1 formal session per week**

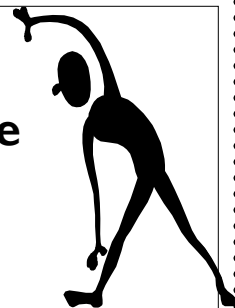
**Everyone
Welcome**

*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!)**



&



QKFA

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

**For more information & to
register: Phone 54653322 or
Anne or Sarah on
3282 8644 or
Email: ips60bp@gil.com.au**