

Choose a

# Healthy Lifestyle!

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

**Starts Thursday, 14th May 2009**

@

**ICA Meeting Room &  
ME Fitness**

**10 am - 12noon each Thursday**

**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:**

**Anne or Sarah on  
3282 8644 or**

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