



EXERCISE AND WELLNESS PROGRAM



MONDAY

10.00 - 10.45am

Move and Groove Dance Class

Put on your dancing shoes and learn some new dance moves

TUESDAY

10.45 - 11.30am

Movement and Balance

Gentle Stretching & Chair Exercises

WEDNESDAY

10.00 - 10.45am

Fit, Fun & Fab

Movement & Strengthening Exercises

11.00 - 11.45am

Movement and Balance

Gentle Stretching & Chair Exercises

THURSDAY

10.00 - 12.00pm

Mindful Brews ~ Dementia Cafe`

Held on the First Thursday of every month.

For people living with Dementia, their partners, family and carers

FRIDAY

10.00 - 10.45am

Fit, Fun & Fab

Movement & Strengthening Exercises

BOOKINGS ARE ESSENTIAL

Please call the MWP Community Care Team on 9913 3244

For all new CHSP, HCP & PRIVATE clients please contact MWP Community Care for confirmation of costs.

An Exercise Waiver Form needs to be completed and submitted to MWP Community Care before the commencement of any classes.

Please speak to a MWP staff member if clarification is needed.

**A \$10.00 cancellation fee will be charged if cancelled within 24 hours prior to the event.
We do understand that cancellations are unavoidable. Reasons for cancellation will be taken in to consideration**