



## Here for your health and wellbeing

Looking to stay fit and active, maintain your independence and connect with like-minded people?

Join our weekly wellbeing classes with trained staff, that are tailored to your your health and wellbeing goals, including:

- Cognitive puzzles and games
- Chair based exercise
- Light morning tea
- Connection with like-minded people

\*Clients will complete medical clearance, where their GP (or another medical practitioner) will provide a letter to advise they are safe to participate in the wellbeing groups.

**Get in touch today to find out more**

**02 9302 3600 [info@holdsworth.org.au](mailto:info@holdsworth.org.au)**

### Eligibility

To be eligible, you need to be registered with My Aged Care.

You can attend our wellbeing classes through:

- Commonwealth Home Support Program
- Home Care Package funding

We can help you through this process.

**Check out our latest schedule over the page!**



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## Wellbeing schedule

Join us in your local area for cognitive stimulation, including puzzles and games, physical exercise class, including dancing and gentle chair exercises plus a light morning tea.

Day	Location	Time
Monday	Gaden Community Centre	10am - 12pm
		12pm - 2pm
	Coogee	10.15am - 12.15pm
		12.30pm - 2.30pm*
Tuesday	Kensington Community Centre	9am - 11pm
		11.15am - 1.15pm
Wednesday	Holdsworth Community Centre	10am - 12pm
Thursday	Gaden Community Centre	11.30am - 1.30pm*
	Eastlakes	10am - 12pm
Friday	Gaden Community Centre	10am - 12pm

\*Indicates dementia friendly wellbeing class

Get in touch today to find out how we can help 02 9302 3600 [info@holdsworth.org.au](mailto:info@holdsworth.org.au)

[www.holdsworth.org.au](http://www.holdsworth.org.au)

