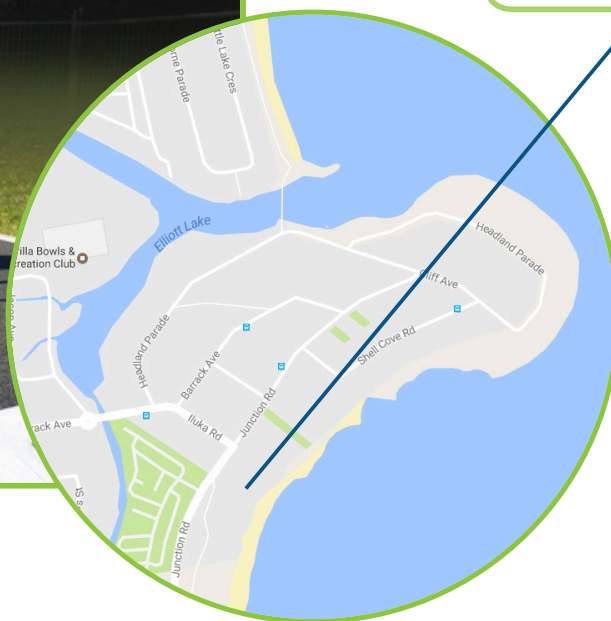


Come and try

Outdoor exercise equipment at Eric Creary Reserve, Junction Road, Barrack Point



Outdoor exercise equipment



Are you 50+ and want to increase your health and fitness for FREE?

To celebrate the installation of the new outdoor exercise equipment, we are running a free 7 week 'come and try' program for residents of Shellharbour.

Instructed by a qualified exercise physiologist, we invite you to come along and give it a go!

NOTE: A Pre Exercise Health Screen is to be completed prior to commencement in the program. This may require a clearance from your GP.

The session may be postponed or cancelled due to weather conditions.

Closed in 'jogger' type shoes are to be worn.

FREE 7 week program

starts Monday 3 September

9.45am - 11am

**Places are limited.
Registrations essential.**

For further information or to register your interest, please contact Shellharbour City Council on 4221 6007.



Health

