

* **FREE** relaunch lunch — bring along your friends! * **SUBSIDISED** class fees *

Living Longer Living Stronger

New and improved offerings for 2018!

Our Living Longer Living Stronger program is a fully-supervised program specifically designed for the over 50s.

Our professional staff tailor the programs to suit individual needs and help you to live longer and stronger.

Augusta Recreation Centre Sessions

Tuesdays 8.30—9.30am

Wednesdays 8.30—9.30am *starting 1 February 2018*

Thursdays 8.30am—9.30am

Margaret River Recreation Centre Sessions

Monday 10.30am—11.30am

Friday 10.30am—11.30am

#The Shire will be subsidising Living Longer Living Stronger class fees at Augusta Recreation Centre from 1 February to 31 May 2018 (or until funds are exhausted) meaning the session is just \$5! Standard session price is \$7.25.

From only
\$5
per session#



Join us for a **FREE** relaunch lunch:

12.30pm

Tuesday 30 January 2018

Augusta Recreation Centre

Please RSVP to khead@amrshire.wa.gov.au or 9780 5625 by Monday 29 January for catering purposes.



SHIRE OF AUGUSTA MARGARET RIVER
RECREATION CENTRE