



Community Based
Support South Inc

Gentle Movement Chat Group

Community Based Support South Inc. invite you to take part in their new Gentle Movement Chat Group consisting of low impact and gentle movement suitable for people who are wanting to:
Maintain & increase mobility, Socialise & have fun, Stay active and Regain strength after an injury or an operation

Instructed by: Dan Lemoto, Exercise Leader



**THURSDAY'S
10:00AM-12:00PM**

**BLACKMANS BAY
HALL
(24 OCEAN DRIVE
ESPLANADE)**

****\$5.00 FOR HACC
ELIGIBLE CLIENTS****

**For more information or to make a booking
Please call Tanya Smith Program Coordinator
on (03) 6208 6600**