



Movers and Shakers Exercise Group

Are you 65 years or older and wanting to be active in a group setting? Join our new Movers and Shakers program!

Get the opportunity to stay motivated and active in an exciting environment. Bring along your exercise plan and join fellow participants in a supportive environment. Let's stay active together!

After your workout, enjoy a refreshing morning tea and dive into discussions covering various healthy living topics like diet, lifestyle, and more.

Who can join?

People over 65 years of age (50 years and above for Aboriginal and Torres Strait Island peoples) living in Melbourne's northern suburbs.

Ready to get moving? Contact My Aged Care at 1800 200 422 and request Merri Health as your preferred provider.

Further queries and registration, please email Socialsupport@merrihealth.org.au or phone (03) 9386 3575



Merri Health
Healthcare that moves with you

**Monday
10am - 12pm
Starting April
22nd**

**382 Moreland Road
West Brunswick
Cost: \$10**