



# Staying Stronger exercise program.

Free weekly program for older adults with  
a focus on strength and mobility

**WHEN** Every Friday from 9.00am to 10.00am.

**WHERE** Rokeby Neighbourhood Centre,  
85 Tollard Drive, Rokeby, 7019.

Bookings are essential.  
To reserve your space contact  
the centre on 03 6247 6778.