

'BEYOND THE FRONT STEP'



LET'S GO, 'BEYOND THE FRONT STEP'

**Are you 65+? WE WANT YOU TO HELP US TO HELP YOU LIVE LONGER,
BE HEALTHIER AND HAVE FUN BEING MORE ACTIVE!**

Come along and participate in fun physical activities and hear from local health Professionals from Swan Hill District Health and headspace.

When: Monday 11th November 2019
Time: 10.00am – 12:30pm including morning tea and a light lunch
Where: Swan Hill Neighbourhood House, 98-100 Gray St, Swan Hill
Cost: FREE

Please register by Thursday 7th November 2019
Delia Baber - Mallee Sports Assembly 0429 332 008
delia@malleesportsassembly.org.au

