

GENTLE EXERCISE CLASSES

FOR SENIORS OVER 65 PROVIDED BY KCAC INC.



Time: Every Thursday 9.30am till 10.30.

Place: Kingsgrove Community Aid Centre,
30 Morgan St Kingsgrove.

Dates for 2020 start from Thursday 16th January
till Thursday 10th December 2020.

Booking is Essential. A small fee is applicable.

For more information please contact Ms Nelson for on
91507823 or Email us on: cbdc@kcac.org.au

This program is provided under the Commonwealth Home Support Program (CHSP) funding. Kingsgrove Community Aid Centre Inc applies person centred care and the wellness and reablement approach in the delivery of care to older people.



KINGSGROVE COMMUNITY
AID CENTRE INC.

www.kcac.org.au

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