

Heart Foundation

Heartmoves



Stay active for life

Heartmoves is a gentle exercise program providing a fun, social and safe way to be active.



PROGRAMS:	2 February - 30 March 2015 Mondays 1:30pm - 2:30pm Civic Hall, Devlin Street, Ryde	4 February - 1 April 2015 Wednesdays 11:00am - 12:00noon Civic Hall, Devlin Street, Ryde
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WHO: Seniors and retirees at risk of chronic health conditions (eg. heart disease, diabetes or bone/joint problems). Any fitness level, even if you haven't been active in a while

COST: Free information and come/try session. Then \$30 for eight-week program (8 sessions)

BOOKINGS: Essential. Call 9952 8222. Book now as places are strictly limited

This is an **Active In Ryde** program brought to you by the City of Ryde in partnership with Northern Sydney Medicare Local.

