

Heart Foundation  
**Heartmoves**

**Proudly supported by Bankstown Council and Active Bankstown**

## **Term 1- Heart Moves Class**

**Free 8 week class for participants**

- ✓ **When:** Thursday 18<sup>th</sup> February- 7<sup>th</sup> April
- ✓ **Where:** Revesby Community Hall, Macarthur Avenue  
Revesby
- ✓ **Time :** 11:30am - 12:30pm



**\*Limited capacity, bookings essential phone Michael: 0438 823 882**  
**\* 7<sup>th</sup> April Class is in PKP as part of Seniors Week**

**What is Heart Moves?** A gentle physical activity program suitable for anyone who hasn't participated in exercise in a while.

## **Term 2- Falls Prevention - Stepping On Class**

**Free 8 week referral course**

- ✓ **When:** Thursday 5<sup>th</sup> May – 23<sup>rd</sup> June
- ✓ **Where:** Revesby Community Hall, Macarthur Avenue  
Revesby
- ✓ **Time:** 12:30 - 2:30pm

**What is Stepping On?** A program for older people designed to reduce falls and increase self- confidence.