

Take the first step towards better health today!

Enrol in the Lift for Life®
program. The eight-week
introduction is a low-cost
outdoor resistance
training program delivered
by an accredited
Lift for Life® trainer.



LIFTFORLIFE®
exercise made easy

PROGRAMS:	2 February - 1 April 2015 Mondays and Wednesdays 9:30 - 10:30am Meadowbank Park Constitution Rd, Meadowbank	27 January - 26 March 2015 Tuesdays and Thursdays 9:30 - 10:30am Waterloo Park, Waterloo Rd, Marsfield
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WHO:	Seniors and retirees at risk of type 2 diabetes and other chronic conditions Any fitness level, even if you haven't been active in a while	
COST:	Free information and come/try session. Then \$50 for eight-week program (16 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.



Lifestyle and opportunity
@ your doorstep

