

***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.



WHEN: Mondays & Wednesdays, 9:30 - 10:30am 17 March - 14 May 2014

WHERE: Meadowbank Park, Constitution Road, Meadowbank

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 trial session, then \$50 for eight-week program (16 sessions)

BOOKINGS ESSENTIAL: 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

