



Agestrong

Strength and balance program
for older people

- Group strength and balance program
- Designed for older people
- Run by trained leaders
- Low cost
- Run in safe, supportive environments
- Transport support available for some groups

**To join a group contact Access,
Peninsula Health on 1300 665 781**



Classes are available across the Frankston and Mornington Peninsula Regions:

For up to date class times, visit www.peninsulahealth.org.au/agestrong or scan the QR code.



An intake worker will book you in for an assessment with an Exercise Physiologist or Physiotherapist. This will be at your local Community Health Centre – Rosebud, Hastings, Frankston, or Mornington.

If you have a history of heart disease, high blood pressure, suffer severe breathlessness or experience chest pain, you will also need your GP to fill in a form. The intake worker will send you the form.

Agestrong Network Coordinator

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