

Strength training program

Strength training helps you regain and maintain muscle strength, as well as improve balance, gait, flexibility, bone density and coordination. It can also reduce the risk of falls while increasing your confidence and wellbeing.

As part of mecwacare's Strength Training program, our trained staff and a qualified fitness instructor design progressive training to suit your existing fitness level. Your progress is regularly monitored throughout the program.

Who can join?

People who live in the Shire of Cardinia and surrounding areas, and are over the age of 65 or have a disability, can join the program.

Where is the program held?

Pakenham Senior Citizens Centre
38 James Street, Pakenham (Melway Ref. 317 D8)

Garfield Community Centre
2 Beswick Street, Garfield (Melway Ref. 1A K5)

When does the program run?

Monday 9.30am to 10.30am at **Pakenham**
1.00pm to 2.00pm at **Garfield**

Thursday 10.00am to 11.00am at **Garfield**

For more information

For more information contact us on 5941 5454 or 5941 2315, or visit our website at www.mecwacare.org.au

