

Strength training program

Strength training helps you regain and maintain muscle strength, as well as improve balance, 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, a qualified fitness instructor and a physiotherapist design progressive training to suit your existing fitness level. Your progress is regularly monitored throughout the program. We recommend two sessions per week for maximum benefit.

Who can join?

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

Where is the program?

The program is held at the Bowen Street Community Centre at 72 Bowen St, Malvern East, Melway reference 69 D2.

When does the program run?

Monday	10:00am to 11:30am 11:45am to 1:15pm
Tuesday	10:00am to 11:30am
Wednesday	10:00am to 11:30am 11:45am to 1:15pm
Thursday	10:00am to 11:30am

Cost

\$8.50 per session includes GST and morning tea, as well as transport for Stonnington residents.

To find out more contact us on 9564 5100 or 9564 5102 or visit our website at www.mecwacare.org.au

