



Caring is at  
the heart of  
everything  
we do

*Strength training helps maintain muscle strength, flexibility and bone density, and reduces the risk of falls.*

# Strength Training

Regular exercise is an integral part of mecwacare's positive ageing approach.

Benefits include:

- Minimising age-related conditions such as osteoporosis, arthritis, muscle atrophy, lower bone density, falls risk and heart disease
- Reduced reliance on medication
- Reduction in aggression and depression
- Improved cognition
- Better quality of life

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.

**To find out more contact mecwacare on 8573 4980.**

## Who is eligible

Residents in the City of Stonnington, Cardinia Shire and surrounding areas who are aged over 65 or have a disability.

### Where

Barry Fenton Centre  
72 Bowen Street  
Malvern East

### When

Mon	10am – 11.30am 11.45am – 1.15pm
Tue	10am – 11.30am
Wed	10am – 11.30am 11.45am – 1.15pm
Thur	10am – 11.30am

Pakenham Senior  
Citizens Centre

Tue	10am – 11am 1pm – 2pm
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Garfield Community  
Centre

Tue	10am – 11am 1pm – 2pm
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## About mecwacare

mecwacare is a not-for-profit, non-denominational charitable organisation that has been supporting Victorians for more than 60 years. We are a values-based, care-driven organisation that provides residential, community and in-home nursing, care and support services for the elderly and people living with a disability.

## Our services

### **Aged Care Homes**

**P 8573 4812**

mecwacare's residential aged care facilities feel like home and provide quality, safe and genuine care with registered nurses rostered on every shift.

### **Home Care and Home Care Packages**

**P 8573 4980**

Receive care and support from one hour per week to 24-hour live-in care, tailored to your individual needs and that is flexible for when your circumstances change.

### **Respite Care**

**P 8573 4812**

mecwacare provides respite care in the home, in the community and in our aged care homes across metropolitan Melbourne and regional Victoria.

### **Disability Care and Support**

**P 8573 4980**

mecwacare provides programs that offer choice, diversity and active participation for people who have an intellectual, physical or mental health disability. mecwacare is a registered NDIS provider.

### **Community Housing**

**P 8573 4970**

mecwacare's community housing – located in Beaumaris, Glen Iris and Sandringham – fosters a caring community and promotes dignity and privacy.

### **Retirement Living**

**P 8573 4970**

Enjoy a community of like-minded people where you can live life to the fullest at mecwacare's retirement villages in Ballan, Malvern and Hoppers Crossing.

### **Opportunity Shops**

**P 9571 4221**

mecwacare's Op Shops in Ballan, Hawthorn, Malvern, Malvern East and Windsor and Hawthorn offer an eclectic range of pre-loved clothes, books and bric-a-brac.

## Corporate Services

**A** 1287 Malvern Road, Malvern VIC 3144

**P** 03 8573 4888    **E** [enquiries@mecwacare.org.au](mailto:enquiries@mecwacare.org.au)

Freecall **1800 163 292** • **[mecwacare.org.au](http://mecwacare.org.au)**

mecwacare acknowledges the support of the Victorian Government

