

‘Sitting Swingers’ Chair-based Exercise Group

Sitting Swingers is a chair-based sitting and standing exercise group for everyone.

You can work at your own pace and comfort.

Our ‘Sitting Swingers’ exercise group can help you:

- Lessen pain
- To keep moving
- Boost your energy and strength
- Have fun

Program information

Date: Thursdays
Time: 11 am – 12 pm
Cost: \$5 a week
Venue: Physiotherapy Gym
Sunbury Community Health
12–28 Macedon Street, Sunbury



Are you interested in joining ‘Sitting Swingers’?



Please call our Physiotherapy team on 9744 9522

You will need an assessment before you start.

This program is supported by Australian Government Department of Social Services via the Commonwealth Home Support Program – www.dss.gov.au

