



## Men's Exercise Group

An exercise group just for men.

This is an opportunity to exercise in a safe, social and non-competitive space under the supervision of Sunbury Community Health staff.

If you haven't exercised in a while or are thinking of taking up regular exercise for the first time this class could be for you.

Regular exercise will help to improve your health and well-being.

Come along and try it out.

### Program Information

**Day:** Thursdays  
**Time:** 9:30–10:30 am  
**Cost:** \$5 per week (1<sup>st</sup> class free)  
**Venue:** **Physiotherapy Gym**  
Sunbury Community Health  
12–28 Macedon Street  
Sunbury



### Are you interested in joining the Men's Exercise Group?

Please call George in physiotherapy on 9744 9522 for more information.

An assessment is required before you can begin the class.

This program is supported by Australian Government Department of Social Services via the Commonwealth Home Support Program - [www.dss.gov.au](http://www.dss.gov.au)

