



LIVE UP TO POTENTIAL

MAKING the most of life will be the key theme of the Sunbury Positive Ageing Expo next Wednesday, October 19.

The free event for over 50s will feature more than 20 stalls at the Sunbury Memorial Hall sharing information on how to maintain an active mind, body and soul.

There will also be information on the resources to support carers and demonstrations on subjects such as healthy eating and keeping active, while there will also be free hearing tests conducted.

Jacqui Reilly, who with business partner Lisa Sette runs a fitness program called Fit as a Fiddle, will demonstrate easy exercises for seniors to practice.

Operating five classes a week for people aged 50-92 from the Guide Hall, Ms Reilly said Fit as a Fiddle has helped many people improve their lifestyles for almost five years.

"Myself and Lisa came from working at a gym ourselves but we felt there was nothing in Sunbury for older people," she said.

The Sunbury Healthy Ageing Expo is on Wednesday, October 19 from 11am-2pm at Memorial Hall, Stawell St, Sunbury.

Jacqui Reilly, from the Fit as a Fiddle program, will be at the Sunbury Positive Ageing Expo. Picture: KYLIE ELSE