



16 SEPTEMBER 2018 VILLAGE OPEN DAY

Leederville Gardens

Join us for our wellbeing event **"Living Longer - Living Stronger"** being held on **Sunday, 16 September 2018** from 10.30am onwards.

Guest speaker from Active4life will talk about best practice and routines for Exercising When Your Over 55 and the benefits and challenges of being physically active in your day to day life. Discussion points will outline exercise programs to suit all levels, as well as a walking group with an emphasis to meet everyone's idea of "active" whilst providing significant impact on wellbeing and quality of life.

As the song says *"let's get physical"* we look forward to seeing all residents and visitors at this wellbeing event. In addition, village and facility tours, complimentary lunch along with the opportunity to socialise with like-minded neighbours and residents.

All visitors, friends and family welcome.

10.45am - Presentation Hannes Holly from Active4life

11.30am - Tour of Leederville Gardens and facilities

12.00pm - Lunch, tea and coffee with Residents



LIVING LONGER - LIVING
STRONGER

JOIN US
FOR LUNCH

GUEST SPEAKER

FUNCTIONAL
FITNESS

EXERCISE PROGRAM
FOR OVER 55's



Where: Leederville Gardens
37 Britannia Road
Leederville WA 6007

Time: 10.30am to 1.00pm

**RSVP by 12 September 2018 for
catering requirements**

Phone: (08) 9355 3400

Email: admin@villagesolutions.com.au