

Ageing Well NOOSA



Ageing Well Noosa is a low cost health and wellbeing program to encourage our over 65's to be healthy and active.

Join in our senior's gentle exercise classes for beginners for just \$5. Enjoy a free cuppa and biscuits following the class.

Improve balance and body strength, and increase joint mobility and flexibility in these friendly classes designed to help you reduce arthritic pain, lose weight and thrive as you age.



Noosaville

Monday 11 am - 12 pm

Noosa Leisure Centre. 9 Wallace Dr, Noosaville

Beginners strength and stability *

Cost: \$5 for over 65's

Enquiries/Bookings: Kate from Alchemy in
Motion on 5475 9093

Wednesday 8.30 - 9.30 am

Noosa Leisure Centre. 9 Wallace Dr, Noosaville

Beginners strength and stability *

Cost: \$5 for over 65's

Enquiries/Bookings: Andy - Independence
Movement 0452 255 527

*Carers are welcome and free of charge to
participate in this class

Cooroy

Monday - 7.30 - 8.30 am

Wednesday - 9.15 - 10.15 am

Anglican Church Hall,
Miva Street and Tewantin Rd, Cooroy

General Fitness / Light Weights

Cost: \$5 (over 65's registered for
My Aged Care, \$10 for non-registered)

Enquiries/Bookings: Micheala on 0449 047 746

Cooran

Tuesday - 9.15 - 10.15 am

Thursday - 8.00 - 9.00 am

Memorial School of Arts, King's St, Cooran

General Fitness / Light Weights

Cost: \$5 (over 65's registered for
My Aged Care, \$10 for non-registered)

Enquiries/Bookings: Micheala on 0449 047 746

*This program is supported by the Australian
Government Department of Health



NOOSA COUNCIL



**noosa
community
support**

A Noosa Council Service