

CHAIR EXERCISE GROUP

Gentle Movement, Big Benefits

**Build strength and
confidence in a safe,
supportive space.**

**Northside Community Service has
partnered with Reclink Australia to
launch a new Chair Exercise Group!**

A gentle, low-impact movement program
designed to build strength, confidence
and community connection.

Chair exercise is performed seated or
using a chair for support - perfect for
anyone wanting safe, accessible and
effective movement.

All fitness levels welcome!



**Join us every Tuesday
from 24 February**



Palmerston Community Centre



From 10:00am to 11:00am

Cost

Free

* Tea & coffee provided after the session

Reserve Your Spot

**Seats are limited!
Scan the QR code
to register now!**



* This is a free service provided by
Northside Community Service to
support community connection and
wellbeing. We look forward to sharing
this beautiful experience with you!