

# 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!