

Had a fall or scared of falling?  
Want to improve muscle strength and balance?  
Is remaining independent in your own home  
important to you?

# Movement for Health



- Free\* 16-week programme
- Developed for those at risk of falling
- Improve balance and muscle strength
- Seated and standing exercises
- Modified Tai Chi
- Qualified tutor
- Fun and social
- Life changing

## Venues in

**Invercargill (5) plus 1 Men's only class  
Plus – Riverton, Bluff, Winton & Gore  
New classes begin in February 2012**

**Please phone Sport Southland to register your interest**

**FREE PROGRAMME!\***

*\* ACC funded. Criteria applies.*

**Call Sport Southland or ask your GP/Practice Nurse  
for more information.**



Phone 03 211 2150 | [www.sportsouthland.co.nz](http://www.sportsouthland.co.nz)