

Don't forget a drink bottle!



# PhysioFIT

All fitness and mobility levels!

Register online: [www.bit.ly/PhysioFIT](http://www.bit.ly/PhysioFIT)

A PHYSIO-RUN FUNCTIONAL EXERCISE CLASS  
FOR PEOPLE WITH DISABILITY AGED 12+ YEARS

 Silcock Reserve, 10 William Rd, Croydon

 NDIS \$315.23\* depending on group numbers

 Fortnightly Thursday 4pm to 4.30pm

 Enquiries to [alliedhealth@ioe.org.au](mailto:alliedhealth@ioe.org.au)  
or call our reception on 9758 5522

