

Strength for life program



St Louis
Home Care

Are you over 50 and not as strong as you used to be?

The COTA SA Strength for life program offers over-50s an opportunity to participate in supervised, low cost strength training programs at typical fitness venues.

Strength training has been shown to improve muscular strength, mobility and balance in people of all ages and can alleviate the effects of some chronic conditions such as Arthritis and Type 2 Diabetes.



Come along to the information seminar to learn more about this great program and how you can join in!

Strength for life launches at:

St Louis Home Care

11 Dudley Road, Marryatville SA 5068

4 May 2017 at 10:15am Please call 8332 0950



**STRENGTH
for life 50+**



www.stlouisagedcare.com.au

Your Choice in Home Care