

Health Moves

Group exercise and healthy living program



What 's involved?

Health Moves is an easy exercise program for people with health conditions such as diabetes, heart problems, high cholesterol, high blood pressure, depression, anxiety or osteoarthritis. You'll attend two sessions a week for a minimum of 12 weeks.

Cost: \$99

*Cost includes individual assessment and program as well as access to leisure centre facilities for the 12 weeks of the program.

Where:

- Beaton Park Leisure Centre (Gwynneville)
- Lakeside Leisure Centre (Kanaooka)
- Kiama Leisure Centre
- Ulladulla Leisure Centre

- ✓ Will help you manage your health condition
- ✓ Get simple ideas about being healthy
- ✓ Each session costs less than a cup of coffee
- ✓ Group classes suitable for all ages
- ✓ Run by trained fitness instructors
- ✓ Receive emails and text messages to help you on your journey.

To register or for more information contact:

 Illawarra Shoalhaven Diabetes Service

 Phone: 4231 1910

Email: ISLHD-WollDiabetesAdmin@health.nsw.gov.au



This program is run by Illawarra Shoalhaven Local Health District in partnership with Kiama Municipal Council, Shoalhaven City Council and Wollongong City Council.