October – December

**Courses Offered**

**Strength Training**
Uses adjustable free weights and body weight exercises to improve muscle strength. Particularly recommended for people living with osteoporosis. All new participants are required to start at Level 1/beginners.

**Gentle Exercise**
Low impact exercise classes (no jumping) to improve cardiovascular, muscle tone and flexibility. Gentle Pace offers low complexity movements including some seated exercise. Easy Pace classes are for those new to exercise or getting back into it. Exercises are low intensity with minimal choreography.

**Active Exercise**
This is for those wanting a more challenging workout than a Gentle Exercise class. Join us for a comprehensive workout to shape up, tone up and improve your fitness level. Look fit, feel recharged and move with ease. Some level of fitness and coordination is required as these are not beginners’ classes.

**Stretch and Tone**
A class particularly suited to those who would like to maintain flexibility and muscle tone. This class is suitable for most fitness levels.

**Tone & Balance**
Focus on improving muscle tone, strength and balance. Chair supported options provided. Attain better overall mobility and posture.

**Men’s MoveMENT Fitness Class**
Taught by a male instructor these circuit style classes with weights challenge your fitness, strength and balance. A great way to meet new mates.

**Upright and Active**
This is a falls prevention program for less active older adults who would like to improve balance and stability. It is tailored to individual needs and includes chair and chair-assisted exercises. Aims to improve the ability to perform daily activities, and reduce the risk of a fall.

**Warm Water Exercise**
Light classes in a hydrotherapy pool with a water temperature of 30-32°C and helpful for arthritis, joint mobility or after joint replacement surgery. If you are new to exercise, begin with a Gentle Pace class first. Non-swimmers welcome. Ai Chi classes consist of Tai Chi style movements in warm water.

**Aqua Exercise**
Held in community pools with an approximate water temperature of 27 or 28°C and faster pace than warm water exercise. Gentle Pace is suitable for those with joint problems and for beginners. Medium Pace is a faster workout for fitter people in chest deep water that aims to improve fitness.

**Tap Dancing**
Feels more like fun than exercise. Low impact moves to music keep your mind, muscles and joints active. Tap shoes not essential.

**Zumba Gold®**
Offers fun, low impact dance moves to great music. For active over 50’s or anyone wanting an easier start to ‘Zumba’ style classes.

**Pilates**
A mind-body class using mat exercises to focus on core abdominal/back muscles and posture. Not suitable for those with unstable conditions, bulging discs or osteoporosis. Must be able to get up/down from the floor with ease.

**Qigong**
A gentle practice of aligning body, breath and mind for health.

**Tai Chi**
Tai Chi is a gentle revitalising way to exercise the body and relax the mind. Suitable for most fitness levels. Tai Chi Movements for Arthritis is designed to reduce joint pain and stiffness and improve quality of life. Gentle Tai Chi is a modified form that is easy and enjoyable to learn.

**Yoga**
Yoga is for everyone regardless of age or fitness level. Stretch, strengthen, energise, and experience wellbeing of body and mind through movement, breathing and relaxation.
### Course Fees

**Courses in General**

Healthy Lifestyle courses in Term 4 will run for 9 weeks. PLEASE check start and finish dates shown with course information. General fees for 9 week program: Fee $108 ($86.40 concession) Any exceptions to these fees are marked with ** and the fee shown in the text applies.

**Course Duration**

Generally courses run for 60 minutes unless otherwise stated. Aqua classes vary from 30 to 45 minutes depending on the venue.

**Insurance Eligibility**

Participants are encouraged to explore the potential for rebates with their private health insurer.

The Healthy Lifestyle program is a non-registered provider for the National Disability Insurance Scheme. NDIS participants may be able to use self-managed funds to claim the cost of attending a Healthy Lifestyle course if it is included in their plan prior to registering.

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*Warm Water Exercise* @ Hornsby Hospital

A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you. This is only valid per calendar year. New medical clearance will be required if your health circumstance changes.

(Continued from page 5)

<table>
<thead>
<tr>
<th>Medium Pace</th>
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*Warm Water Exercise* @ Lindfield Gardens

A Healthy Lifestyle Medical Clearance Form is required from ALL participants. Please download the form from our website or call the office to have one sent out to you. This is only valid per calendar year. New medical clearance will be required if your health circumstance changes.

Gentle Pace

<table>
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*Aqua Exercise* @ Gordon

No Medical Clearance Form is required. Aqua Classes at this venue will run for 7 weeks. Fees will be $84.00 ($67.20 concession)

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<tr>
<th>Medium Pace</th>
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<th>Time</th>
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Gentle Exercise

Gentle Pace
H-EG419T Tue 12.10pm 15 Oct-10 Dec Turramurra

Easy Pace
H-ES419R Thur 9.00am 17 Oct-12 Dec Pennant Hills

Active Exercise

Medium Pace
H-EM419M Mon 6.00pm 14 Oct-9 Dec Turramurra
H-EM419T Tue 8.40am 15 Oct-10 Dec Turramurra
H-EM419T1 Tue 9.50am 15 Oct-10 Dec Turramurra
H-EM419F Fri 8.40am 18 Oct-13 Dec Turramurra
H-EM419F1 Fri 9.50am 18 Oct-13 Dec Turramurra

Pilates
H-EP419M Mon 10.10am 14 Oct-9 Dec Pennant Hills

Strength Training

A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you. This is only valid per calendar year. New medical clearance will be required if your health circumstance changes.

Beginners
H-ST1419M Mon 12.40pm 14 Oct-9 Dec Turramurra
H-ST1419T Tue 8.15am 15 Oct-10 Dec Berowra
H-ST1419T1 Tue 9.30am 15 Oct-10 Dec Berowra
H-ST1419T2 Tue 12.30pm 15 Oct-10 Dec Turramurra
H-ST1419T3 Tue 2.00pm 15 Oct-10 Dec Turramurra
H-ST1419R1 Thur 10.40am 17 Oct-12 Dec Turramurra
H-ST1419F Fri 11.30am 18 Oct-13 Dec Turramurra

Maintenance
For those whose leader recommends moving to the next level.
H-ST2419M Mon 11.00am 14 Oct-9 Dec Turramurra
H-ST2419M1 Mon 1.45pm 14 Oct-9 Dec Turramurra
H-ST2419M2 Mon 5.00pm 14 Oct-9 Dec Turramurra
H-ST2419R Thur 9.00am 17 Oct-12 Dec Berowra
H-ST2419R1 Thur 9.30am 17 Oct-12 Dec Turramurra
H-ST2419R2 Thur 2.15pm 17 Oct-12 Dec Turramurra
H-ST2419F Fri 12.40pm 18 Oct-13 Dec Turramurra

Tai Chi Movements for Arthritis

Beginner through Intermediate
H-TAB419R Thur 11.45am 17 Oct-12 Dec Hornsby

Tai Chi

* 7 week term: Fee $84.00 ($67.20 concession)

All Levels
H-TCA419T* Tue 10.00am 15 Oct-26 Nov Turramurra
H-TCA419T1* Tue 11.00am 15 Oct-26 Nov Turramurra
H-TCA419W* Wed 11.00am 16 Oct-27 Nov Turramurra

Gentle Tai Chi

H-TCA419M Mon 11.45am 14 Oct-9 Dec Pymble

Upright & Active

A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you. This is only valid per calendar year. New medical clearance will be required if your health circumstance changes.

*Tuesday ONLY 8 week term: Fee $96.00 ($76.80 concession)

If you would like a book to use at home please add $7 to your payment.
H-F419M Mon 3.00pm 14 Oct-9 Dec Turramurra
H-F419T* Tue 9.00am 15 Oct-3 Dec Lindfield
H-F419T1* Tue 10.00am 15 Oct-3 Dec Lindfield

Tone & Balance

H-TB419M Mon 10.00am 14 Oct-9 Dec Pennant Hills

See p.4 for information on course fees.
Although every effort is made to adhere to this program, Healthy Lifestyle retains the right to cancel or change arrangements at short notice.

See p.4 for information on course fees.
A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you. This is only valid per calendar year. New medical clearance will be required if your health circumstance changes.

**Beginners**

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**Maintenance**

For those whose leader recommends moving to the next level.

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**Gym Class**

**$171.90 (no concession)**

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**Tai Chi**

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**Yoga**

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See p.4 for information on course fees.

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**Warm Water Exercise** @ Mona Vale Hospital

A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you. This is only valid per calendar year. New medical clearance will be required if your health circumstance changes.

**Gentle Pace**

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**Medium Pace**

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**Ai Chi** @ Mona Vale Hospital

A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you. This is only valid per calendar year. New medical clearance will be required if your health circumstance changes.

*8 week term: Fee $96.00 ($76.80 concession) no class 25th October

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**Aqua Exercise**

**Medium Pace** - no medical clearance required

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**Active Exercise**

**Medium Pace**

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<td>Avalon</td>
</tr>
<tr>
<td>N-EM419W</td>
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<td>9.15am</td>
<td>16 Oct-11 Dec</td>
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</table>
**Strength Training**

A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you. This is only valid per calendar year. New medical clearance will be required if your health circumstance changes.

**Beginners**
- N-ST1419M Mon 9.00am 14 Oct-9 Dec Warriewood
- N-ST1419M1 Mon 10.30am 14 Oct-9 Dec Avalon
- N-ST1419M2 Mon 11.35am 14 Oct-9 Dec Avalon
- N-ST1419T Tue 10.20am 15 Oct-10 Dec Freshwater
- N-ST1419W Wed 10.20am 16 Oct-11 Dec Warriewood
- N-ST1419W1 Wed 10.45am 16 Oct-11 Dec Avalon
- N-ST1419R Thur 10.20am 17 Oct-12 Dec Freshwater

**Intermediate** (some experience required)
- N-ST1419R1 Mon 1.00pm 14 Oct-9 Dec Avalon
- N-ST1419R2 Mon 2.30pm 14 Oct-9 Dec Avalon
- N-ST1419R3 Mon 3.30pm 14 Oct-9 Dec Avalon

**Advanced** (experience required)
- N-ST1419R4 Mon 4.30pm 14 Oct-9 Dec Avalon

**Maintenance**
For those whose leader recommends moving to the next level.
- N-ST2419M Mon 8.15am 14 Oct-9 Dec Avalon
- N-ST2419M1 Mon 9.20am 14 Oct-9 Dec Avalon
- N-ST2419T Tue 9.15am 15 Oct-10 Dec Freshwater
- N-ST2419W Wed 9.15am 16 Oct-11 Dec Avalon
- N-ST2419W1 Wed 10.45am 16 Oct-11 Dec Avalon
- N-ST2419R Thur 9.15am 17 Oct-12 Dec Freshwater
**Warm Water Exercise** @ Alan Walker Village

A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you. This is only valid per calendar year. New medical clearance will be required if your health circumstance changes.

Fees for these classes are **$126.00 ($108.00 concession)**

**Gentle Pace**
- R-AW419M Mon 11.40am 14 Oct-9 Dec Carlingford
- R-AW419T Tue 10.00am 15 Oct-10 Dec Carlingford
- R-AW419W Wed 5.30pm 16 Oct-11 Dec Carlingford
- R-AW419R Thu 9.00am 17 Oct-12 Dec Carlingford
- R-AW419F Fri 10.15am 18 Oct-13 Dec Carlingford

**Warm Water Exercise** @ Royal Rehab

A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you. This is only valid per calendar year. New medical clearance will be required if your health circumstance changes.

Fees for these classes are **$127.80 ($108.00 concession)**

**Gentle Pace**
- R-AR419M Mon 5.35pm 14 Oct-9 Dec Ryde
- R-AR419R* Thur 4.30pm 17 Oct-12 Dec Ryde
- R-AR419S Sat 8.45am 19 Oct-14 Dec Ryde

**Men’s MoveMENT Fitness Class**

R-STM419W Wed 9.15am 16 Oct-11 Dec Ryde

**Warm Water Exercise** @ Royal Rehab

A Healthy Lifestyle Medical Clearance Form is required from all NEW participants. Please download the form from our website or call the office to have one sent out to you. This is only valid per calendar year. New medical clearance will be required if your health circumstance changes.

Fees for these classes are **$127.80 ($108.00 concession)**

**Gentle Pace**
- R-ET419F Fri 8.20am 18 Oct-13 Dec North Ryde

See p.4 for information on course fees.
Booking Conditions

- You may enrol by email, mail, fax or visit our website @ www.nshealthpromotion.com.au
- New applications are assessed on a first come first serve basis.
- Receipts and attendance cards are posted after your enrolment has been processed.
- Your attendance card must be presented to the leader at each class you attend.
- Some courses require medical clearance. Use the medical form provided by Healthy Lifestyle or a medical clearance form can be downloaded from our website @ www.nshealthpromotion.com.au. Please take your medical clearance form to your doctor to have completed.

Healthy Lifestyle reserves the right to determine whether a participant is appropriate for the course in which he/she has enrolled. Where possible, a more suitable course will be offered.

Concessions:
A concession is given to those on a full government aged pension, disability pension, health care card, DVA and to staff of Northern Sydney Local Health District.

Refunds, Credits and Cancellations:
Healthy Lifestyle does not accept responsibility for participants’ non-attendance of classes due to changes in personal or business circumstances/commitments/holidays during the term. Credit will not be issued for classes missed due to personal circumstances/commitments/holidays so please make your enrolment decisions carefully.

If Healthy Lifestyle cancels a course and a suitable alternative is not available, a full refund of your course fee will be issued. Please allow 4 to 6 weeks for processing.

Participants who withdraw from a course before it begins will not receive a refund unless notice is received at least 5 working days prior to the start of the course. An administration fee of $20 per participant will be charged for processing refunds.

If Healthy Lifestyle cancels an individual class/es due to leader illness or a venue issue, we will endeavour to find a replacement leader or allocate you a suitable make-up class/es. If a make-up is not possible, a credit or refund will be issued.

In the event you are unwell and unable to attend a class the Healthy Lifestyle Manager may consider a credit or refund. Applications must be made in writing to the Healthy Lifestyle Manager with supporting documentation e.g., medical certificate. The attendance card is also required. Each case will be assessed on its merits and the Manager’s determination will be final. A $20 administration fee will apply per participant.

Course Venues

**Artarmon**
Plus Fitness, 2A Broughton Road, (parking on Hampden Lane).

**Avalon**
Avalon Recreation Centre, 59A Old Barrenjoey Road.
1. The Annex (next to Avalon Recreation Centre).

**Berowra**
Community Health Centre, 123 Berowra Waters Road.

**Boronia Park**
Uniting Church Hall, 93a Pittwater Road.

**Carlingford**
Alan Walker Village, Dalmar Place.

**Chatswood**
Seventh Day Adventist Church, Cnr Johnson & Devonshire Streets.
1. Chatswood Baptist Church Meeting Room G1
Cnr Orchard Rd & Albert Ave.
2. Chatswood Bowling Club, 655 Pacific Highway (enter off Gordon St).

**Forestville**
Forestville Senior Citizens Centre, (meeting room)
Cnr Warringah Rd & Starkey St.
1. Forestville Memorial Hall, 3 Starkey St.
2. Forestville Youth Centre, Melwood Ave (behind RSL).

**Freshwater**
Freshwater Surf Life Saving Club, Koolooora Avenue.

**Gordon**
Ravenswood School, Ravenswood Avenue.

**Hornsby**
Hornsby Ku-ring-gai Hospital, Palmerston Road.
1. Library, 28-44 George Street.

**Killarney**
Killarney Swim Centre, 14 Tralee Avenue.

**Lane Cove**
LCM Churches, Finlayson Street (just off Rosenthal).
1. Lane Cove Bowling and Recreation Club
151 Burns Bay Road.

**Lindfield**
Lindfield Gardens, 2 Ulmarra Place.

**Longueville**
Longueville Uniting Church, 47a Kenneth Street.

Course Venues

**Manly**
Manly Senior Citizens Centre
Comer Pittwater & Balgowlah Roads.

**Mona Vale**
Mona Vale Hospital, Coronation Street.

**Mosman**
Mosman Square Seniors’ Centre
Civic Square, Military Road

**Narrabeen**
Narrabeen Tramshed
1395A Pittwater Road

**North Curl Curl**
Community Centre, Cnr Abbott & Griffin Roads.

**North Ryde**
Conference Room 2, Macquarie Hospital
Enter from Cox’s Road into Manning Road then left into The Drive for parking.
1. Emily’s Manning Rd, Macquarie Hospital.
Enter from Badajoz Rd.
2. North Ryde Community Centre, 2 Cutler Parade.

**Pennant Hills**
Community Health Centre, 5 Fisher Avenue.
1. Pennant Hills Leisure & Learning Centre
8 Warne Street.

**Pymble**
Uniting Church
Cnr Parkway Highway & Livingstone Avenue.

**Ryde**
Ryde Aquatic Centre, 504 Victoria Road.
1. Sovereign Grace Bible Church, 327 Blaxland Road.
2. Royal Rehab, 235 Morrison Road, Ryde.

**Seaforth**
Seaforth Village Community Centre (Activity Room)
550 Sydney Road.

**St Leonards**
RNS Community Health Centre
Ground floor
2C Herbert Street.

**Terrey Hills**
Terrey Hills Swim School, 31 Myoora Road.

**Turramurra**
Hillview Community Health Centre
1394 Pacific Hwy.
1. St James Church, King Street.

**Warriewood**
Nelson Heather Centre, 4 Jacksons Road.

**Willoughby**
Willoughby Park Bowling Club, Robert Street.
How To Enrol

PLEASE READ THE BOOKING CONDITIONS (P.22) CAREFULLY BEFORE PROCEEDING

► Only one person per Enrolment Form.
► Select the course you would like to attend.
► Specify your 2nd choice - just in case your first choice is full.
► Have your doctor complete the Healthy Lifestyle Medical Clearance (if required for your 1st choice).
► Complete the Enrolment Form.
► Attach completed and signed medical clearance form (Mastercard or Visa) together with the credit card payment details.
► Make cheques/money orders payable to Northern Sydney Local Health District.
► If required for your 1st choice, complete the Enrolment Form, plus credit card details (Mastercard or Visa).
► Email the completed Enrolment Form, plus credit card details (Mastercard or Visa) to nslhd-healthylifestyle@health.nsw.gov.au
► Fax required forms plus credit card details to 8877 5339.
► Post the completed Enrolment Form, together with the Medical Clearance (if required), and the fee to: Healthy Lifestyle - Locked Bag 2220, NORTH RYDE NSW 1670.

HEALTHY LIFESTYLE - ENROLMENT FORM @ www.nshealthpromotion.com.au

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<thead>
<tr>
<th>First Choice</th>
<th>2nd Choice</th>
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<tr>
<td>Course No.</td>
<td>Day</td>
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<tr>
<td>Time</td>
<td>Location</td>
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</table>

Concession Card Policy (See p.22) Concession No.

Are you of Aboriginal or Torres Strait Islander origin? Y / N (Please circle) NSLHD employees ONLY: Department & Hospital

Email form with CREDIT CARD details to nslhd-healthylifestyle@health.nsw.gov.au

Pay Cheques/Money Orders to Northern Sydney Local Health District. POST to Healthy Lifestyle, Locked Bag 2220, North Ryde NSW 1670

OR FAX form with CREDIT CARD details to 8877-5339

AMOUNT: $__

Credit Card: Mastercard □ Visa □

Name on Card (print) ____________________________________________

Authorisation (sign) _________________________________________

Your submission of this application indicates your acceptance of the Healthy Lifestyle Booking Conditions on p.22.
Pulmonary & Heart Failure Maintenance Class

- Have you completed a pulmonary or heart failure rehabilitation program?
- Are you keen to maintain your fitness in a fun and safe environment?

**Perhaps our ‘Lungs in Action’ course is right for you!**

1 hour class, 10 week term Cost: $120 ($96 concession)

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tr>
<td>Monday</td>
<td>1.00pm</td>
<td>Hornsby Hospital</td>
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<td>Monday</td>
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<td>Tuesday</td>
<td>4.30pm</td>
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<td>Wednesday</td>
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<tr>
<td>Wednesday</td>
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<tr>
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<td>Wednesday</td>
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<tr>
<td>Monday</td>
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<tr>
<td>Friday</td>
<td>12.15pm</td>
<td>Brookvale Community Health Centre</td>
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**About the course:**

Classes are safe for people with stable chronic lung conditions who have completed a pulmonary rehabilitation program and also suitable for people with stable NYHA Class II and III Heart Failure who have completed heart failure rehabilitation.

Exercise professionals who have been specially trained in guiding people with lung disease and heart failure run the classes. These classes are suitable for those using supplemental oxygen and/or walking frames. Each exercise has seated options available.

All classes follow the guidelines set by The Australian Lung Foundation’s Lungs in Action training.

For more information about eligibility please call:

**Healthy Lifestyle**

8877 5300