



# Better for life, in Country SA



## Improve your health & fitness from the comfort of your own home.

This new program has been specifically designed for older adults, living in Country SA regions, including the Barossa, Hills, Fleurieu, Kangaroo Island and beyond!

- Who** People aged 65 years and older and Aboriginal or Torres Strait Islanders 50 years and older living in regional SA with access to the internet.
- What** 12-week program of online exercise sessions, held twice per week
- When** First intake March 2022, then ongoing every month
- Cost** Session cost - \$0 / Equipment contribution - \$30 (equipment valued at more than \$80, yours to keep)

**Register your interest by calling the Southern Cross Care Health & Wellness Team from Monday to Friday on (08) 8179 6825.**

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COUNTRY SA  
An Australian Government Initiative

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