

Gentle Exercises

Our General Exercise class is facilitated by our Greek speaking instructor. The class to help promotes general movement and exercise to improve general health and promote a sense of wellbeing.

Session Times

Monday 9:30 - 10:30am

Tuesday 9:30 - 10:30am

Where

The Collinson room
283 Church Street, Richmond

2024

Registered with My Aged Care
\$8 per session

*This program could be included in your Home Care Package at the rate of \$20 per session

** All fees are negotiable based on individual circumstances.

Our classes are fun and a great way to meet people.

Details about how to register are attached. If you have any questions or want to arrange a free trial please call us on 9006 6580.



SOCIAL SUPPORT FEES AND REGISTRATION



Class: Gentle Exercise

Location: Collinson Room, 283 Church Street Richmond

Day/Time: Monday 9:30 -10:30am or Tuesday 9:30 -10:30am 2024

Please complete this form and return prior to classes commencing.

Payment required at the start of each class

Which class are you attending: Monday 9:30 -10:30am
 Tuesday 9:30 -10:30am

Name: _____

Phone: _____

Email: _____

FEES

Registered with My Aged Care
\$8 per session

Please provide your My Aged Care AC Number: _____

Requesting fees (\$20 per session) **be covered by Home Care Package:**

Home Care Package Provider: _____

Contact Person: _____

Contact Number: _____

PAYMENT OPTIONS

Cost Centre: 704 - 1410

Proof of payment is essential prior to attending class.

In Person: Please pay at Reception, 283 Church Street, Richmond
or

By phone: Please call Fiona Waring (03) 9819 5758

We look forward to another wonderful term with you!

thank you