

Health Focus supports people to stay independent, active and connected as they age.

The program is open to people aged **65 years and over**, and Aboriginal and Torres Strait Islander people aged **50 years and over**, offering inclusive and respectful support for overall wellbeing.

Physical Health

Staying active helps maintain strength, balance and mobility, reduces the risk of falls and illness, supports long-term health, and builds confidence. Gentle activities such as walking, stretching and chair-based exercises can make a big difference.

Mental Health

Good mental health supports positive feelings, social connection, memory and concentration, helping you enjoy everyday life. Staying connected, doing things you enjoy and seeking support when needed all help protect your wellbeing.

Body and Mind Together

Physical and mental health work best together. Small, regular actions can lead to big improvements in your overall wellbeing.



PORT AUGUSTA HEALTH FOCUS

Enquire Today!

**Health Focus
71 Stokes Tce
Port Augusta**

(08) 8641 9191

healthfocus@portaugusta.sa.gov.au



Entry to all programs referred by:

My Aged Care Phone

1800 200 422

www.myagedcare.gov.au

Health Focus is a Commonwealth Government Home Support Program funded by the Australian Government Department of Health and auspiced by the Port Augusta City Council.



JOIN US...

PORT AUGUSTA HEALTH FOCUS

Delivers a variety of programs and services that help older adults remain socially connected and independent in their physical, mental, spiritual and emotional wellbeing.



Let's Keep Active

Tuesday & Wednesday

10.30am – 2.30pm

Friday

10.30am – 2.00pm

\$5.00 Lunch included
Transport not inc.

The Let's Keep Active Tuesday, Wednesday and Friday Group supports active ageing through gentle exercise, wellness activities, social connection and community outings.

Men's Social Afternoon

Thursday

11.00am – 3.00pm

\$5.00 Lunch included
Transport not inc.

Enjoy a social men's afternoon. It is a great way to have a few laughs and form some great friendships.



Bizzi Bodies

Friday

10.30am – 11.30am

\$5.00 per session

Easy moves for active aging exercises for over 65's. A low-impact exercise program to maintain fitness and flexibility. Sessions held at Health Focus.

Bizzi Walkers

Wednesday & Friday

8.00am – 9.00am

\$2.50 per session

Join our walking group to get your fitness and steps up! Contact Health Focus for the starting point as this changes weekly.

enjoy every moment.



MENTAL
health
MATTERS

