



# JOIN US... PORT AUGUSTA HEALTH FOCUS

Offers a range of services and programs to assist older adults in maintaining social connections and physical, mental, spiritual, and emotional independence.

Entry to all programs is by referral through My Aged Care  
Phone 1800 200 422 or visit [www.myagedcare.gov.au](http://www.myagedcare.gov.au).  
Contact us for support with this process if required.

## Let's Keep Active

The "Let's Keep Active Group Program" offers the following:

- Mental stimulation
- Physical stimulation
- Focus on wellness and reablement
- Information on health issues
- Chair-based gentle exercises
- A place to meet old friends & make new ones
- Community outings

## Friday Group

This is a special program which provides an opportunity for people requiring higher levels of support to be involved in activities that are stimulating both mentally and physically.

## Men's Social Afternoon (over 65's)

Enjoy a social afternoon with men over 65, a great way to have a few laughs and form some great friendships.

## 'Bizzi Bodies'

Easy moves for active aging exercises for over 65's.  
A low-impact exercise program to maintain fitness and flexibility.  
Situated at Central Oval, Augusta Terrace

## Walking Group

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



## Let's Keep Active

Tuesday & Wednesday  
10.30am - 2.30pm  
Includes Lunch  
**\$16.00 transport not inc.**



## Friday Group

Friday's  
10.30am - 2.00pm  
**\$16.00 transport not inc.**



## Men's Social Afternoon

Over 65 years  
Thursday's  
11.00am - 3.00pm  
**\$16.00 Lunch included**  
**Transport not inc.**



## Bizzi Bodies

Thursday's  
9.30am - 10.30am  
**\$5.00 per session**



## Walking Group

Wednesday's  
8.30am - 9.30am  
**\$2.00 per session**



Health Focus  
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Port Augusta

# Enquire Today!



Contact Us  
**(08) 8641 9191**

**[healthfocus@portaugusta.sa.gov.au](mailto:healthfocus@portaugusta.sa.gov.au)**

Email

