



MEDIA RELEASE

SCHS Activities A Plenty For Senior's Festival

9 October 2017

Now in its 35th year, the month-long Senior's Festival celebration is the highlight on every senior's calendar throughout Victoria. During the week of 9 - 13 October, Sunraysia Community Health Services will be celebrating people over 55 and the contributions they make to our community.

A program of free activities, tours of SCHS' facility and exhibits are planned. All seniors are invited to get out, get involved and try something new! Try Tai Chi, Nordic Walking or our Falls and Balance classes to see how they can help. Or even just have a talk to SCHS' friendly staff about what services are available.

Activities commence on Tuesday 10 October at 7:45am at Mildura Central Shopping Centre with the Mildura Central Walking Group and you can join them again at the same time on Thursday 12 October. There are also 'come and try' classes at SCHS in the afternoon on Thursday 12 October from 1pm, which consist of Tai Chi - 1pm and 3pm, Falls and Balance - 1.30pm and 3.30pm and Nordic Walking - 2pm.

Regardless of background, experience or mobility, everyone is encouraged to take part to learn new skills, have a cup of tea and make new friends in their communities.

For further information please contact SCHS on 5022 5444

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