

Physical activity and social interaction is a great way to help you feel good, no matter what age you are.

## Did you know:

- Much of the physical decline associated with ageing is due to inactivity rather than disease or the ageing process.
- Physical activity is good for the body and the mind. It enables you to positively influence your own health and wellbeing, and to socialise with others.
- Staying social has numerous mental and physical benefits



## Social Support Group

Social Support Groups can help you maintain social interaction and independent living

Activities can include:

- gardening
- craft
- exercise
- social outings

The groups are designed to cater for a range of abilities.

Social Support Groups operate Monday to Thursday, except for Public Holidays.

## Fitness for Older Person

### Exercise to music classes

Strength, balance & mobility exercises to music, with chair-based & standing options

### Strength classes

Classes that use weights & bodyweight to help build strength and balance

### Walking groups

Indoors, for all abilities

### Tai Chi

Gentle, slow movements to help joint mobility & balance.



Whether you're already fit and active or just looking to get started, we have a group or class that will suit you.



### Fees

As per the Community Services Fee Schedule.

This program is supported by funding from the Commonwealth and Victorian governments under the CHSP/HACC PYP program.

If you are aged 65 or over, a My Aged Care referral is required to access our groups and classes.

Please call My Aged Care on 1800 200 422 to access our services.

For more information:

Phone: 5454 7102

Email:

[socialsupportgroup@bendigohealth.org.au](mailto:socialsupportgroup@bendigohealth.org.au)

Social Support Group,  
Community Allied Health Services,  
Bendigo Health.



# Social Support Group

Planned Activity Group (PAG)  
Fitness for Older Adults Program (FOAP)