

Positive Steps

To Staying Safe on Your Feet



A FREE programme for older people to:

- Help retain independence
- Help maintain health and well being
- Provide information and active participation

Consists of four 2½ hour sessions with morning tea included

Next programme to be held:

- Dates:** Tuesdays 5th, 12th, 19th & 26th September
- Time:** 10.00am - 12.30pm
- Venue:** St Peter's Anglican Church Lounge, 11 Killarney St, Takapuna
(Opposite Bruce Mason Centre)
- Parking:** At front and rear of Church
- Contact:** Age Concern North Shore on 929 2312

Registration is essential to secure your place

Attendance is required at all four sessions

