



GET ACTIVE
Gold Coast

Get up, get out... get active!

Profile:

Alan

Age: 81

Alan's Story

I started coming to 60 and Better Inc. for a photography course. I find this course to be a challenge and it keeps your brain matter active. While coming along to this fortnightly course I found out about another activity called Steady Steps...

I started doing the Steady Steps program because I had balance problems (mainly due to my left ear), and have found my strength and balance has improved since I started this program. I am now finding getting in and out of my chair easier.

Steady Steps is something everyone can participate in. After each session you will find your strength and balance improves.

We're all talking about it!



SENIORS

www.getactivegoldcoast.com.au