

Media Release



10 September 2018

Exercise for free at Café Connect

A free exercise class designed for people over the age of 55 will be the first activity held as part of Council's new Café Connect project.

This is the first in a series of interactive forums to connect older people with other residents, activities, information and healthcare providers.

"We understand from speaking with our community that as people enter retirement and become 'empty nesters' that they can sometimes feel isolated as they make the transition into this new phase in their lives," said Mayor Lara Symkowiak.

"Café Connect is one way that Council is reaching out to support our older residents to lead an active and healthy lifestyle," Cr Symkowiak said.

"They will provide an opportunity for residents to share their ideas as feedback for more initiatives in the future," she said.

The first **free** Café Connect will include a 60-minute PrYme Movers Group Class from 10.30am, Tuesday 11 September at the Mount Annan Leisure Centre (MALC).

The class is suitable for all fitness levels and participants will have the option to leave at 15 or 30 minutes. Food and refreshments will be provided at the end.

Representatives from community services will also be on hand to provide the latest health, lifestyle and ageing information.

The full program of Café Connect is available on Council's website, www.camden.nsw.gov.au.

ENDS

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