



Men's Fun Fit Classes

Official Launch

Tuesday 19th March at 3pm

GOC Care Respite Centre

36 Browning Street, South Brisbane

After more than 10 successful years of Fun Fit classes mainly concentrating on Women in our Community, the time has come to focus on our Men

Join us for a Free Trial and Afternoon Tea

On Tuesday 19th March – 3.00 - 4.00pm

RSVP essential by Tuesday 5th March, 2019

To - Irean Karalouka – 3249 1010

Irean.Karalouka@goccare.com.au

For continuation of classes, registration will have to be made with My Aged Care and Medical Clearances will be required. Clients will be assisted through this process. Ongoing Fun Fit classes are \$7.00 per class including afternoon tea.