

MOVE YOUR WAY!



ACTIVE AGEING WEEK | 4 - 10 OCT

Active Ageing Week promotes physical activity for a life of better health and wellbeing. This year's theme is Move Your Way, so to get you moving, ECH and Active Ageing Australia bring you a range of free wellness activities to participate in!

Events will be held in accordance with SA Health COVID-19 guidelines. This includes the wearing of masks by all staff and clients, scanning the onsite COVID QR check-in code and following safe social distancing measures.

SCAN me to see
more ECH events!



ECH WELLNESS EVENTS DURING ACTIVE AGEING WEEK



WALKING GROUP COLONELL GARDENS

A great way to exercise, meet like-minded people and maintain good heart health. Followed by morning tea at a nearby café (at own cost).

 Meeting Point*
Colonel Light Gardens

 Tue 5 Oct

 9.30am-10.30am

 FREE



TAI CHI WITH DEAN AT THE PEAR CAFE

Discover Tai Chi and learn relaxing exercises focussing on breathing, balance and posture. Enjoy a coffee on site after (at own cost).

 49 Sussex St
Alberton

 Tue 5 Oct

 10.30am-11.30am

 FREE




NUTRITION FOR LIFE INFO SESSION

Learn[#] how nutrition goals change as you age when it comes to intake of protein, energy and vitamins. Hosted by an ECH Dietitian.

 126 Pimpala Rd
Morphett Vale

 Tue 5 Oct

 10am-10.45am

 FREE



WALKING FOOTY COME AND TRY

A safe game with no running, tackling or bumping. Walking Footy is a great way to incorporate exercise in your life in a social and fun way.

 Oval, 24 Smith St
Walkerville

 Tue 5 Oct

 10am-12pm

 FREE

Bookings required. Limited availability.

RSVP before 30 September for all events.

For more information or to book,
call **1300 275 324** or email **ask@ech.asn.au**.



ECH WELLNESS EVENTS DURING ACTIVE AGEING WEEK



WALKING GROUP VICTOR HARBOR

A great way to exercise, meet like-minded people and maintain good heart health. Followed by morning tea at a nearby café (at own cost).

Meeting Point*
Victor Harbor

Wed 6 Oct

9am-10am

FREE



WALKING GROUP HENLEY BEACH

A great way to exercise, meet like-minded people and maintain good heart health. Followed by morning tea at a nearby café (at own cost).

Meeting Point*
Henley Beach

Wed 6 Oct

9am-10am

FREE



NUTRITION FOR LIFE INFO SESSION

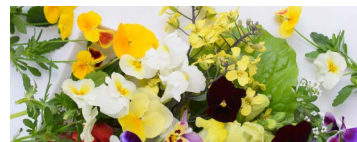
Learn[#] how nutrition goals change as you age when it comes to intake of protein, energy and vitamins. Hosted by an ECH Dietitian.

18 North East Road
Walkerville

Wed 6 Oct

10am-10.45am

FREE



EDIBLE FLOWERS WORKSHOP

Visit the ECH community garden. Join us to learn about and try different varieties of edible flowers. Morning tea provided.

11 Laidlaw St
Henley Beach

Wed 6 Oct

10.30am-11.30am

FREE



CUMBERLAND PARK COMMUNITY CENTRE

Come and try a range of wellness activities such as bocce, line dancing, table tennis, game of pool and crafts. Lunch provided.

388-390 Goodwood Rd
Cumberland Park

Wed 6 Oct

10am-12pm

GOLD COIN



WALKING FOOTY COME AND TRY

A safe game with no running, tackling or bumping, Walking Footy is a great way to incorporate exercise in your life in a social and fun way.

Thebarton Oval, 1 Myer St
Torrensville

Wed 6 Oct

10am-12pm

FREE



WALKING GROUP BURNSIDE

A great way to exercise, meet like-minded people and maintain good heart health. Followed by morning tea at a nearby café (at own cost).

Meeting Point*
Burnside

Thu 7 Oct

9.30am-10.30am

FREE



TAI CHI SESSION AT ECH WELLNESS

Discover Tai Chi[#] and learn relaxing exercises focussing on breathing, balance and posture. Available to new clients only.

168A Cudmore Terrace
Henley Beach

Fri 8 Oct

12pm-12.45pm

FREE



WALKING GROUP MODBURY

A great way to exercise, meet like-minded people and maintain good heart health. Followed by morning tea at a nearby café (at own cost).

Meeting Point*
Modbury

Mon 11 Oct

10am-11am

FREE



WALKING GROUP WALKERVILLE

A great way to exercise, meet like-minded people and maintain good heart health. Followed by morning tea at a nearby café (at own cost).

Meeting Point*
Walkerville

Mon 11 Oct

9.30am-10.30am

FREE



WALKING FOOTY COME AND TRY

A safe game with no running, tackling or bumping, Walking Footy is a great way to incorporate exercise in your life in a social and fun way.

AFL Max, 32 Butler Bvd
Adelaide Airport

Tue 12 Oct

10am-12pm

FREE

Bookings are required for all events. Limited availability. RSVP before 30 September.

For more information or to book, call 1300 275 324 or email ask@ech.asn.au

Alternatively, visit ech.asn.au for more information.

*An ECH staff member will confirm the exact Walking Group Meeting Point a week prior to the event.
[#]Only for new clients or existing Tai Chi/Dietitian clients that have not received services in the past 12 months.

