



# Get moving in **MAY**

Lorne Community Hospital is running four free exercise sessions in May, to encourage our community to get active and keep on moving!

## Aqua Exercise

Join LCH exercise staff for an Aqua Exercise class at the Mantra Pool. Suitable for all ages. Please visit your GP prior to the class if you have a pre-existing medical condition.

**Date:** Tuesday 28 May

**Time:** 2pm - 3pm

**Where:** Lorne Mantra Pool

**Cost:** Free

**To book:** [www.trybooking.com/BBZLQ](http://www.trybooking.com/BBZLQ) or call 5289 4300.