



# 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!

## Beach Bodyweight Circuit

Join LCH Exercise Physiologist Campbell Craig, for a 1 hour Beach Bodyweight circuit, suitable for all ages and fitness levels. We'll meet at the Lorne SLSC, but if it's raining, please head directly to Lorne Community Connect (Lorne Senior Citizens).

**Date:** Tuesday 7 May @ 11.30am - 12.30pm

**Where:** Lorne Surf Life Saving Club

**Cost:** Free

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