



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!

Floor Based Pilates

Join physiotherapist Ellie O'Kane for a 1 hour floor-based Pilates class at the Lorne Community House. Suitable for all ages & fitness levels. Please bring your own mat if you have one.

Date: Friday 17 May

Time: 11am - 12pm

Where: Lorne Community House

Cost: Free

To book: www.trybooking.com/BBZKT or call 5289 4300