



# 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!

## Gym Circuit

Join physiotherapist Ellie O'Kane for a 1 hour Gym Circuit at the Lorne Community Hospital Gym. Suitable for all ages and fitness levels.

**Date:** Thursday 23 May

**Time:** 12pm - 1pm

**Where:** Lorne Community Hospital Gym

**Cost:** Free

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