



Smart Ways to Stay Active

Join Lorne Community Hospital's Exercise Physiologist, Campbell Craig, for an information session and Q&A on staying active despite chronic pain, arthritis or illness. This is a fantastic opportunity to gain personal insight and inspire you to achieve your goals.

When: Tuesday 25 June at 5.30pm

Where: Lorne Community House

Tickets: FREE

Book online at www.trybooking.com/BDGLD or phone 5289 4383.


**Lorne Community
Hospital**