



Ranges Community Health and Yarra Ranges Council  
present

## Active at Home Program

- Are you an older person or someone with a disability?
- Do you want to remain living at home and being active and independent?
- Do you live within the Yarra Ranges Shire or surrounding areas?

If so, you may be interested in a 6 week group program developed by Ranges Community Health and Yarra Ranges Council. Participants will take part in a strength based exercise program, learn ways to manage everyday tasks & learn about local services & how to access them.

The program will be held at

**Ranges Community Health**  
**17 Clarke St**  
**Lilydale**

1.30pm till 3.30pm Wednesday's  
Commencing on the 7th March, 2012

Cost: \$30 for 6 week program or \$5.00 per session  
**To arrange an assessment & ensure your place  
in the program, please contact Yarra Ranges  
Council Intake team on 1300 368 333 or  
Ranges Community Health Occupational  
Therapy on 9738-8801**

For more information on the program please contact  
Lisa Rothenbuecher on 9738 8801