

Indoor Bowls Visitations return!!



Many thanks go out to the Indoor Bowls group as they have now re-instated their visitations.

It was so lovely to see the visitors here again and a most enjoyable time was had by all.

We look forward to the next visit in June.



Stay on Your Feet Free Online Learning Module

The Injury Matters" Stay on Your Feet program has launched a free Online Learning module for adults to increase their knowledge of physical activity for healthy ageing and preventing falls.

Balance and strength can begin to decline at the age of 40 but participation in certain exercises is effective for improving strength and balance.

The interactive module will help you understand how to stay active, build your balance and strengthen your legs as you age.

Simply visit www.stayonyourfeet.com.au/over60/falls-prevention-online-learning/

EdConnect Australia

EdConnect Australia is seeking volunteers to join our team and provide mentoring or learning support at Busselton primary & high schools.

Mentors share skills, knowledge and experience, in order to build confidence and transform a student's outlook and prospects. Learning support volunteers provide much needed one-on-one academic support in the classroom.

For more information, view the EdConnect website:
www.edconnectaustralia.org.au or
email: edconnect@edconnect.org.au Phone: 9444 8646