



SHARE

LEARN FOR LIFE

Simply

Seniors
with Jeni Pattison

\$150

Receive 5 CEC

Accreditation Points

SHARE Head Office Sunday 23rd February 9.30AM

**Simple aerobic routines for seniors • Falls Prevention • Core strength
• How to put the fun back into classes • Safe & Effective stretching
• Resistance training with bands • Catering for various fitness Levels**

2A/66 Planthurst Rd, Carlton - Bookings close 14th February 2014

Phone: 02 9533 4422 Email: info@share.org.au

Simply Seniors

Booking Form



Simple aerobic routines for seniors • Falls Prevention • Core strength • How to put the fun back into classes • Safe & Effective stretching • Resistance training with bands • Catering for various fitness Levels • How to put the fun back into classes

Participant Information:

Name _____

Address _____

Suburb _____ Postcode _____

Mobile _____ Home Phone _____

Email _____

Course Details:

\$150.00 - Each participant will work through a detailed course booklet, and will receive a complimentary copy of "Jeni's Resistance Band Workout" DVD.

The session will be held on **Sunday 23rd February 2014 at 9.30AM—3.30PM**
at **SHARE Head Office (2A/66 Planthurst Road, Carlton)**

Payment Details:

Credit Card

Card Number:	_____ / _____ / _____ / _____
VISA / MASTERCARD	Expiry Date: ____ / ____

Direct Deposit

Direct Deposit or Direct Transfer: Can be made at any St. George Branch to the following account		
Account Name: SHARE SMR INC	BSB: 112 - 879	Account Number: 055467062

Cheque/Money Order

Made Payable to SHARE SMR Inc.—Can be mailed to 2A/66 Planthurst Road, Carlton NSW 2218

Cash

Cash must be paid at SHARE Head Office: 2A/66 Planthurst Road, Carlton NSW 2218

Bookings close 14th January 2014

Phone: 02 9533 4422

Email: info@share.org.au