

Living Longer Living Stronger

A PARTNERSHIP BETWEEN THE PHN &
COUNCIL ON THE AGEING NSW

FOR MORE INFORMATION

VISIT: WWW.COTANSW.COM.AU

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Living Longer Living Stronger is an evidence-based exercise program that supports people aged 50+ to increase their strength, balance and mobility.

New program locations are launching in Spring, with classes run by trained and accredited physiotherapists and exercise physiologists.

For referrals and to book assessments, contact accredited providers:

- **Move Better for Life** (Tamworth and Armidale)
- **Rural Fit** (Gunnedah, Glen Innes, Inverell, Quirindi, Narrabri and Manilla)
- **Gemma Carrigan Physiotherapy** (Moree, 0488 151 791 or glcarrigan@gmail.com)
- **Emma Page** (Tenterfield, 0488 214 790 or emma.francis8@y7mail.com)
- **Walcha Physiotherapy** (Walcha)
- **Kinetic Medicine** (Port Stephens and Manning)

For more information,
visit www.cotansw.com.au or
email lls@cotansw.com.au