

Best Age - Mobility & movement for falls & injury prevention with APT - Functional for Life prevention ~ awareness www.aptandpilates.com



How at 61 my mobility & stability saved me!

When a massive exterior glass panelled sliding door fell on me at home on my front balcony, I was so very grateful for my mobile & strong 61 year old body (I am 63 now)

The base was rotted and while outside watering pots I was coming back inside. As I slid the door - the base under it collapsed and it fell out of the top track onto me! My body sprung into action - I caught it and managed to lower it to the deck with only one panel of glass broken - hitting a chair behind me as I caught it.

The builder who came to put it back in said he could not believe it didn't kill me! He could barely lift it.

SOLUTION SEEKER SESSIONS
BY APT

ARE YOU MOVING WITHOUT PAIN,
DISCOMFORT OR INJURY?
PLAN TO SHINE NOT DECLINE



MOBILITY MATTERS IS FOR YOU

[WWW.APTANDPILATES.COM/
MOBILITYMATTERS](http://WWW.APTANDPILATES.COM/MOBILITYMATTERS)

What/Where: **Best Age** - APT Small Group

Studio 1, Richmond
Community Learning Centre,
15 Barnet Way,
Richmond 3121

Time: **Tues 9.30am** - 23/1 - 27/2

Session Simple awareness tools to improve balance & mobility as well as improve body strength & connection. Moving all joints with joy!

+ **Mobility Matters Course access to 30/3:**

5 recorded classes + 3 FREE walk & talk face to face catch ups - Wed 7/2, 6/3 & 27/3 at 11am - meet at Bendigo St Milk Bar, Richmond