**✨ Medispark Health Care Pty Ltd ✨**

Helping Seniors Join the Fun at the Victorian Seniors Festival!

Do you want to join the FREE “Come & Try” activities at the Seniors Festival but need a little extra support to get there?

We’re here to help!

**👩‍⚕️ Our friendly support workers can:**

✔ Accompany you to activities like Aqua Aerobics, Pilates, Zumba, and more

✔ Provide safe transport to and from events

✔ Stay with you during the sessions for comfort and reassurance

✔ Help you connect socially and enjoy every moment

**🎉 Festival Highlights We Can Support You With:**

✔ Water Safety Sessions

✔ Seniors Sports Day

✔ Low Impact Cardio & Aqua Aerobics

✔ Golf Clinics

✔ Reformer Pilates

✔ Zumba Gold

👉 Festival Program Details: https://activemelbourne.ymca.org.au/news-events/seniors-festival

📞 Phone: 03 8395 4177

📱 Mobile: 0403 247 426

🌐 Website: www.medisparkhealthcare.com.au

📧 Email: info@medisparkhealthcare.com.au