

SPONSORING LOCAL SENIORS



SEPTEMBER 9

**The Hunter Aging Alliance (HAA) – Active
Stronger Better Program**



CLUB STOCKTON

1931

CLUB STOCKTON SPONSORING LOCAL SENIORS



Active Stronger Better is a comprehensive range of low-moderate intensity programs for older people in Newcastle and the Hunter Region run by fitness professionals who are trained and accredited by ASB staff to offer a variety of classes to keep our seniors fit and healthy.

The classes are run in local community venues that are accessible to the older population including halls and day centres.

Their goal is to improve the physical and mental health of older people, therefore being able to maintain their safety and independence.

Club Stockton is proud to contribute to this worthwhile cause. We as a group put a great deal of emphasis on remaining active and mental health.