

MEDIA RELEASE

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Huon Regional Care continues Council's Strength for Seniors program

The Huon Valley Council's popular Strength for Seniors Program will continue under the auspices of Huon Regional Care.

Council's program commenced in December 2016 following feedback from seniors and health and wellbeing providers who wanted to access programs that improve the health and wellbeing of community members living with chronic health conditions. The program aims to help seniors remain active, strong, independent and allow them to remain in their homes and their communities.

The initial funding was limited and after it had stopped Council continued funding the program in Huonville and Dover.

The weekly sessions proved very popular with numbers at Huonville usually around 16-18, with a mix of male and female participants and 10 to 12 at Dover, all female.

Huon Valley Council Commissioner said it was wonderful that Huon Regional Care will continue to run such a popular and beneficial program.

"Huon Regional Care provide quality health care in the Huon Valley. It's great that they have decided to continue the Strength for Seniors program.

"We know that resistance (weights) training for seniors has so many health benefits, from bone health to improvements in balance, flexibility and reducing the symptoms of chronic diseases.



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“Feedback from the current participants is so positive about the classes and the outcomes they have achieved,” Commissioner Taylor said.

Pam Welsh, Executive Health Services Manager for Huon Regional Care says they are delighted to be working in collaboration with the Huon Valley Council to enable the continuation of the Strength for Seniors program.

The Huonville classes will start on Thursday October 12 at the Huon Community Health Centre. The Dover classes will start on Monday October 16 at the Esperance Multipurpose Health Centre.

For further information

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Or information to access the program

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