



**Day**

**Programs**



**It's your time to Shine**

**Live your dream, enjoy a new hobby, play sport, take a class, or hang out with friends!**

We're here to help and guide you when and where you need it. We can support your journey to live the life you want with independence and confidence.

**Enjoy activities such as:**

- Gym and personal training sessions
- Zumba
- Music groups
- Aqua aerobics
- Dance class
- Bootcamp
- Walking groups
- Art clubs



**1300 764 355 | [www.elomacare.com.au](http://www.elomacare.com.au)**