Adrienne Williams SFL Interview 13/11/24 – Email interview due to hearing problems, no photo sent with interview.

I attend Strength for Life at Turramurra and have been attending for 16 years.

The thing I enjoy most about the Strength for Life program is that it keeps me active.

My strength is definitely very good, but my balance will always be off as I have a Cochlear Implant, my Lions hearing Dog also attends classes with me.

Strength for life is keeping my body as strong as possible despite advancing arthritis.

The group is great, very friendly and I have made one very good friend, who is a great support to me.

Overtime there has been there has been a range of instructors and I have always welcomed the new perspectives they bring, they are all very knowledgeable.

I would encourage everyone to come and try, the big bonus is your program will be tailored to your body’s special needs. Come and try it you will be amazed at the difference in your health and wellbeing.

My treating Medicos are amazed at the strength in some parts of my body despite my health challenges, especially my core strength.