

Marian Greenshields 28/7/23

I have been attending SFL at Clarence Park Community Centre for 3 years.

I worked in aged care and was aware of COTA and the wonderful job they do with SFL and when I went part time, thought it would be a beneficial thing for me to do, and I actually joined with a group of friends who were like minded.

I like that fact that the program is structured to you, and people of all sorts of fitness and strengths, it is a very good community here, with trainers who are understanding and in tune to older community and their needs.

My wellbeing, balance and strength have very much improved, I am much fitter, and it has encouraged me to exercise on my own away from the gym. I enjoy it so much that I am now going to pick up another session of SFL.

I think once you are not part of the workforce, you need to be involved in a different community, engagement is beneficial and gives you a purpose in life.

The group are very friendly, and we often have coffee after the session, I have made another friendship group who now do things socially. Every now and then all the sessions join together to have a lunch which is really nice.

The instructor is great and caring and is always available to discuss and or adjust your program as needed. She is very capable and good at what she does.

I think the fact that SFL is an affordable program for older people on a budget is great, I am very pleased that COTA provides this program. I would recommend it to all, I am very pleased with the overall concept of SFL.