

**Peter Gallagher 31/7/23**

I have been attending SFL at Health Works – Marden for about 15 months.

I had noticed that my balance and overall strength was not as good as it should be, and I needed to improve my strength and flexibility.

I enjoy the social contact with other people and the results of my body's overall improvement.

My strength and balance are way better than it was. My overall fitness has definitely improved.

Just getting out and participating generally makes you feel better within yourself, which is very important to your mental health.

The group I attend is mostly as female group and they all seem to have quite a time chatting, but I have gone out to a couple of arranged lunches which I really enjoyed but I usually just have a quick friendly chat, at the end of the session, the group on a whole is very inviting and friendly.

We have male and female instructors, who are quite good at what they do, and they are very friendly, helpful, and approachable at all times.

I think that maybe letter drops or the Council having more information and promoting SFL would be a great idea. It's certainly a great program in which you can work within you own limits, and is beneficial to your health and overall wellbeing.