

Sharon Beckman 8 September 2023

I attend SFL at the Blackwood Community Centre and have been attending for about 1 year.

I originally joined SFL to support my partner with Pre-Habilitation to build up strength prior to a knee operation but realized that it was also of benefit to my overall health and fitness.

I love that it is a structured and committed to maintain health and fitness for older people and its also a great community program encouraging older persons to become involved in a caring and supportive environment.

I am quite a bit younger and fitter than some in the class and it's lovely to engage with some of the older people in class, I also enjoy the friendly and social aspect of the group. We have a lot of laughs.

The instructor is great, very supportive and engaging, and generally mindful of people's needs and abilities.

I was a Remedial Massage Therapist before I retired and referred many of my clients to the SFL program. It's a very good and affordable program catering specifically for older people. A great community program.