

Exercise Physiology: Innovative community - based initiatives supporting older Australians in our regions

WHEN Thursday, July 21st 2022
6:30 PM – 7:30 PM

WHERE Online

COST Free



Scan for [more information](#)
and [registration details](#)

Please join us to discuss how the University of Newcastle in collaboration with several local business and government agency partners are exploring innovative community-based initiatives to help support older adults in the Central Coast and Hunter New England Regions.

Learning outcomes:

- Explain the inter-relationships of the domains of “successful ageing”
- Discuss how exercise can provide holistic health benefits and contribute to successful ageing
- Discuss the benefits and application of the EngAGE program
- Discuss the benefits and application of the University of Newcastle’s student led Exercise Physiology Clinic