



Kalgoorlie Miner
Wednesday 6/04/2011

Page: 27
Section: General News
Region: Kalgoorlie WA, AU
Circulation: 5665
Type: Regional
Size: 533.97 sq.cms.



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Keeping on their feet

THE annual No Falls Day celebration was held on Friday with an information forum at the Eastern Goldfields Community Centre.

The initiative was developed by the department of health as part of the Department of Health's Statewide Stay on Your Feet program, promoting health

and safety among senior citizens. A Zumba instructor took a fitness session and there was a physiotherapist and dietician on hand to help as well



Zumba fitness instructor Dean Connell helps Nicki Drew, Maria Scafidi, Kate Yates, Trish Quinlan, Barbara Foggin, Rae Bransgrove, Bernie Hall, Dulcie Pahewa, Di Berrell, Michelle Hodgkins, Rachael Nugent and Hayley Storr join the party.



Nicki Drew and Kate Yates take Maria Scafidi through some Zumba moves.

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Di Berrell, Dulcie Pahewa and Rachael Nugent get into the groove.



Trish Quinlan and Barbara Foggin have a ball.



Michelle Howrie and Rachael Nugent. Photos: KELLIE LEWIS



Beryl Mader and Dawn Jenkins.