



“Alive and Kicking has made me healthier and happier. We have lots of laughs. I didn’t think I’d still be joining a group like this and doing all these moves!”

Peggy, client

Shake it like this...Shake it like that

Exercise your body and mind with us

Contact us on 9799 5099 or admin@iwna.com.au to find out more.

Inner West

Neighbour Aid 

Celebrate life. Join Alive and Kicking



Stay independent and mobile by exercising your mind and body.

Our fun, safe activities include:

- Gentle exercise classes
- Hydrotherapy
- Laughter yoga
- Art classes
- Brain training
- Low impact gym sessions
- Games
- Practical healthy ageing talks

Get to know us

We support older people and people with disability to stay independent, healthy and connected. As a local not-for-profit we do this with the help of our amazing volunteers.

Contact us

Call us on **9799 5099** to find out more. New clients are referred to us by My Aged Care. We can take you through the process and send you a copy of our latest outings calendar.

www.iwna.com.au