**LOOKING TO INSPIRE AND EMPOWER YOUR GROUP TO LIVE HEALTHIER, MORE ACTIVE LIVES?**

**PERFECT FOR:**

- Community groups
- Corporate wellness programs
- Retirement villages
- Health & wellbeing events

**WHY BOOK GRAHAM?**

- Experienced in health, fitness, and functional ageing
- Engaging, easy-to-follow presentation style
- Practical strategies with immediate impact
- Focused on lasting behaviour change

**WHAT YOUR AUDIENCE WILL GAIN**

- Greater confidence in movement
- A clearer path to maintaining independence
- Simple steps to improve strength, balance, and wellbeing

# CAN YOU DELAY THE ONSET OF AGEING?

**READY TO GET STARTED?** CONTACT US NOW!


0412 589 185

graham@renewedafter50.com.au

www.renewedafter50.com.au


WORKSHOP WITH FITNESS EXPERT
***GRAHAM ELLISS***

Renewed after 50

## WHAT TO EXPECT

This interactive workshop is designed to help you understand how to stay active, independent, and energised as you get older.

## YOU'LL EXPLORE:

- How your lifestyle today shapes your health in the next 10 years
- The truth about ageing — and what you can control
- Why strength, balance, and movement are essential for everyday life
- Simple ways to improve your energy, mobility, and confidence

Walk away with practical knowledge you can start using immediately.

## MEET GRAHAM

Learn from a highly experienced health and fitness professional with a lifelong passion for helping others stay active and well.

- Certified Personal Trainer
- Specialist in functional ageing and group exercise
- Published author and public speaker
- Nominated for Victorian Senior of the Year
- (Healthy & Active Living)

Graham brings real-life experience, expert knowledge, and an engaging, down-to-earth approach that makes learning both enjoyable and inspiring.

## Event Features

Simple, practical guidance on exercise for over 50s, including effective training for longevity, improving strength, balance, and bone health, and managing chronic conditions.

Learn how to build a weekly fitness plan in a supportive, motivating environment —**designed for all starting levels.**

## WHY SHOULD YOU BOOK?

Because how you age is largely in your hands.

Only 25% of ageing is genetic — the rest is lifestyle. It's never too early or too late to improve your health. Small, consistent changes can dramatically improve your quality of life.

This workshop will give you the tools, confidence, and motivation to:

**Stay independent for longer**

**Reduce your risk of injury and illness**

**Feel stronger, more capable, and more energised**