



## Fresh air and exercise?



## Talk to TADWA.

Physical activity and enjoying the outdoors is even more important as we age. It keeps the mind and body healthy and supple, is good for the soul and provides a great opportunity to spend time with family and friends.

TADWA can help seniors to stay active with a range of solutions for recreation and mobility.

You're never too old to ride! **Silver Wheels** trikes are specifically suited to people who have challenges with balance but who want to continue to experience the fun of cycling.

Your Silver Wheels trike can be customised to suit your needs, with seat and stability options and pedal-assist power for hills.

Looking for something else to get you moving? Tell us what's important and we'll work with you to find a custom solution.

To find out more, talk to TADWA. **1300 663 243**

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