



Healthy Living Centre Club Wellness

Our Wellness programs provide opportunities to engage with others to enhance physical and mental wellbeing with active programs to suit individual capacity and abilities.

Engage - Achieve - Inspire

New Program Friday

Strength and Balance

Progressive physiotherapist led strengthening program for adults over 65 to improve mobility, balance, quality of life and reduce pain from osteoarthritic symptoms in a group based session.

- An initial and ongoing physiotherapist assessment is included with the program.
- Every Friday 10.30-12.00pm - no transport provided.
- Cost: Contribution fee \$6

Mind-Body-Moves

Group program focusing on Gentle Chair based exercises to increase strength and mental/physical wellbeing.

- An initial physiotherapist assessment is included with the program before starting.
- Every Monday, Tuesday and Thursday 10.30-12.00pm - no transport provided
- Cost: Contribution fee \$6

Our Wellness Programs are for older community members eligible to receive support through the Commonwealth Home Support Program (CHSP).

Please contact My Aged Care for a referral to our programs [1800 200 422](tel:1800200422) or contact the Healthy Living Centre for more information on [5222 7275](tel:52227275) or email aged.support@diversitat.org.au

Healthy Living Centre 25-41 Arunga Ave , Norlane 3214.