



Strength and Balance

Strength and Balance classes are designed to challenge a person's overall strength and balance, in a fun and friendly group setting.

Perfect for those wanting to feel steadier on their feet or make daily tasks, like getting out of a chair, feel a little easier.

These one hour classes are lead by a qualified physiotherapist and are perfect for all fitness levels

Locations

Our Strength and Balance classes are held at:

Parafield Gardens Wellbeing Centre
422 Salisbury Highway, Parafield Gardens

Golden Grove Wellbeing Centre
1000 The Golden Way (the Clock Tower Building),
Golden Grove

Government aged care funds can be used to pay for an initial health assessment and your class fees.

Private health insurance rebates for fees may also be claimed.

Contact us on 1300 444 663 or
homecare@helpinghand.org.au to find out more

Information current as at 23 June 2025