



Live with Energy

Live with Energy is a small-group one hour session with a maximum of four participants. Led by a qualified Occupational Therapist, it is designed specifically for older adults. Learn practical strategies to manage tiredness, boost daily energy, and make everyday tasks easier. Whether you're dealing with chronic fatigue or just want to feel more in control, this group will help you pace yourself, prioritise what matters, improve independence, and maintain engagement in the activities you love. Small changes can make a big difference – join us and start living with more ease and energy.

Location

Our Live with Energy group is held at:

Parafield Gardens Wellbeing Centre
422 Salisbury Highway,
Parafield Gardens

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 8 August 2025


Helping Hand