



Stay On Your Feet

Our eight week program focuses on lowering your risk of falls, and building confidence and independence so you can stay on your feet!

Combining twice weekly strength and balance exercise classes, and education sessions from different allied health professionals, this program focuses on giving you the skills, strength and know-how to stay safe, active and steady on your feet.

Location

Our Stay On Your Feet program is held at:

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 5 August 2025


Helping Hand