

# Wellness Services

## *Walking and Exercise Groups*



Allied  
Health



Social  
Support

Helping Hand  
437 Salisbury Highway  
Parafield Gardens  
(enter off Shepherdson Road)

Every Thursday

Walking Group: 9:00am to 10:30am

Exercise Group: 10:45am to 11:45am

Cost: from \$7.50

Our exercise groups and walking groups are ideal ways to gently maintain or gain strength, flexibility and balance.

If you are over 65 years of age and want to improve your fitness or mobility levels, then our chair-based exercise group is ideal. The walking group also requires you to be able to walk short distances independently or with a walking aid.

Our Therapy Assistant runs the groups, with induction and regular reviews by our Occupational Therapist.

An assessment from My Aged Care is needed to access these groups, contact us to find out more about joining walking and exercise groups.

Phone: 1300 444 663

Email: [mcsclientsupport@helpinghand.org.au](mailto:mcsclientsupport@helpinghand.org.au)

[www.helpinghand.org.au](http://www.helpinghand.org.au)



Helping Hand  
*new aged care*