

Wellness Services

Strength for Life



Physical Health and Wellbeing



Social Support

Where & When

54 Buxton Street, North Adelaide
Mondays and Thursdays

The Gardens Recreation Centre,
cnr Kings Road and Martins Road,
Parafield Gardens
Tuesdays and Fridays

Cost

Initial fee: \$55 for a full initial
assessment and program set up

Per session: \$9.50.

A discount 10 Class Pass costs \$85.50
(ten classes for the price of nine).

Medicare and private health fund
rebates are available.

Helping Hand is a partner of
COTA SA's Strength for Life
Program.

Designed for everyone
aged 50 and over, or 40 and
over for those who identify
as Aboriginal and Torres
Strait Islander, the gentle
strength program is proven to
improve balance and walking
endurance, with participants
progressing regularly under
the supervision of fitness
professionals.

At Helping Hand, the
program is run by Exercise
Physiologists who develop
an individualised and tailored
program that targets your
goals and needs.

Contact our
Exercise Physiology team to
find out more about joining
Strength for Life.

Phone: 1300 653 600

Email: mcsclientsupport@helpinghand.org.au

www.helpinghand.org.au



Helping Hand
new aged care