

Wellness Services

Exercise Groups



**Allied
Health**



**Social
Support**

Where

The Gardens Recreation Centre
Cnr Kings Road and Martins Road
Parafield Gardens SA 5107

When

Every Wednesday and Thursday

1:00pm to 2:00pm

2:30pm to 3:30pm

Cost

From \$8.00

Our exercise 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.

Our Therapy Assistant runs the groups, with an initial assessment 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 our exercise groups.

Phone: 1300 444 663

Email: homecare@helpinghand.org.au

www.helpinghand.org.au



Helping Hand
new aged care