



Strength and Balance

Strength and Balance classes are designed to challenge a person's overall strength and balance, in a fun and friendly group setting.

Perfect for those wanting to feel steadier on their feet or make daily tasks, like getting out of a chair, feel a little easier.

These one hour classes are lead by a qualified physiotherapist and are perfect for all fitness levels

Times and Locations

Wednesdays 1:00pm and 2:30pm

Thursdays 9:15am, 10:45am, 1:00pm, 2:30pm

The Gardens Recreation Centre
corner of Kings Road and Martins Road
Parafield Gardens

Commonwealth Home Support Programme or Home Care Package 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


Helping Hand
new aged care