



Seated Strength

Keep strong and confident– all without getting up from your seat!

Led by a qualified Physiotherapist, this low-risk program focuses on gentle, controlled movements to help build up strength and support everyday activities, all from the comfort of a chair.

This group is suitable for wheelchair users.

Location

Our Seated Strength classes are held at:

North Adelaide Wellbeing Centre
Harrison Court, 54 Buxton Street, North Adelaide

Parafield Gardens Wellbeing Centre
422 Salisbury Highway, Parafield Gardens

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 26 May 2026


Helping Hand