

FALLS PREVENTION

Exercise Program

Our falls prevention exercise classes are delivered by accredited allied health professionals, aimed at preventing falls and falls-related injuries. The program is delivered to small groups and is comprised of strengthening and balance exercises to improve function and mobility.

Features:

- ✓ No referral necessary
- ✓ Suitable for all ages
- ✓ Friendly environment
- ✓ Weekly sessions



\$15

per person,
per session



BOOK TODAY!

(07) 4199 7550

PRIVATE HEALTH INSURANCE REBATES AVAILABLE¹



Indigenous Wellbeing Centre Ltd (ABN 96 356 361 867) trading as Pivot21. Terms, conditions, fees and charges apply. 1. Rebates available with eligible Private Health Insurance Policies. 2. Prices may change at any time without notice. For more information, call us on (07) 4199 7550.