

FALLS PREVENTION

Exercise Program

Falls Prevention Exercise classes are delivered by an accredited Physiotherapist to small groups and are aimed at preventing falls and falls-related injuries. The program includes movement, balance and weight-bearing activities. Participants will need to be able to mobilise themselves without the use of aids.

Features:

- ✓ No referrals needed
- ✓ Available for all ages
- ✓ Friendly environment
- ✓ Regular sessions



\$12

per person,
per session



BOOK TODAY!

(07) 4199 7550



IWC Ltd (ABN 96 356 361 867) trading as Pivot21. Terms, conditions, fees and charges apply. Prices may change at any time without notice. For more information, call us on (07) 4199 7550.