

HEALTH & WELLNESS

PROGRAM FOR
YOUR COMMUNITY

Weekly Program to Improve Wellbeing

NOVACARE TAYLORS BEACH

6, Commerce Close, Taylors Beach



ABOUT THE PROGRAM

\$5
per class

- Mondays at 1pm
- Tuesdays and Thursdays at 10.30 am
- Weekly supervised exercise classes specifically targeting **strength and balance**
- Facilitated by an **Experienced Physiotherapist or Exercise Physiologist**

To register or for more information
please call **1300 363 654** or email **taylorsb@novacare.org.au**

*My AgedCare CHSP referral required
Classes limited to 10 only

NovaCare
Live your way

**COMMUNITY
THERAPY**