



Alzheimer's
QUEENSLAND

Get Up and Stay Up

Alzheimer's Queensland offers a 9-week exercise program, designed to assist with falls prevention and promote overall healthy activity and lifestyle

Included in the program:

- 8 Weekly 1 hour sessions with an Allied Health professional
- Initial consultation with an Allied Health practitioner to discuss overall health
- Follow-up call
- Wellness pack including exercise towel, water bottle, resistance band and step tracker
- Exercise program with additional education
- No lock in contract

**Please contact AQ on
07 3422 3000 to discuss the
cost of this program for you.**



intaketeam@alzqld.org.au | 07 3422 3000 | alzheimeronline.org