



Alzheimer's
QUEENSLAND

Movement Matters

**AQ's South Coast Multi Service Centre
is now offering group exercise classes**

About the Program

- ✓ Up to 1 hour session
- ✓ Led by AQ's experienced physiotherapist
- ✓ Small class size
- ✓ Wednesdays fortnightly
- ✓ Cost can be subsidised by the Commonwealth Home Support Program (CHSP) or Home Care Packages (HCP)
- ✓ No lock in contract

**To find out more call us
on 07 5613 1844 or email
scadmin@alzqld.org.au**

**Location – South Coast
Multi Service Centre**

90 Allied Dr, Arundel QLD 4214

