



## Balance and Bend

Balance and Bend combines the principles of yoga, pilates and Tai Chi, Balance and Bend is designed to maintain movement and improve balance. Classes are run by AQHealth's Exercise Physiologists at a more relaxed pace. Participants are assessed prior to joining and movements are graded to adapt to clients' abilities



# AQ Health keeping you well and able longer with:

## Wellness & Reablement Programs

- ✔ Music Therapy program
- ✔ Cognitive Stimulation Therapy classes
- ✔ Get Up & Stay Falls Prevention program
- ✔ Small Group Exercise classes
- ✔ PowerPD – Parkinsons Wellness program
- ✔ Carer Wellness program.

## Allied Health Specialist Services

- ✔ Physiotherapy, exercise physiology, occupational therapy, music therapy, and more
- ✔ Orthopaedic rehabilitation
- ✔ Pain management
- ✔ Falls prevention
- ✔ Hydrotherapy
- ✔ Memory screening and cognitive assessments
- ✔ Home modification assessments and assistive aid prescriptions (i.e., walkers, wheelchairs).

Programs and services can be accessed under government CHSP, HCP, and CDM programs. You can also pay for AQ services privately.

