



# EngAGE Exercise

## Small Group Exercise

EngAGE exercise classes are designed to support clients wanting to improve their strength and fitness:

- ✓ Two levels of classes offered to ensure participants are able to engage in activities appropriate to their needs.
- ✓ Combination of circuit and clinician-lead exercises.
- ✓ Delivered onsite utilising AQHealth's state-of-the-art HUR machines, free weights and resistance bands.



# AQ Health keeping you well and able longer with:

## Wellness & Reablement Programs

- ✓ Music Therapy program
- ✓ Cognitive Stimulation Therapy classes
- ✓ Falls Prevention programs
- ✓ 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.

