



Balance and Bend

Small group exercise designed to maintain movement, support posture and improve balance:

- ✓ Combining principles of Tai Chi, Pilates and Yoga
- ✓ No experience necessary, movements graded for client comfort
- ✓ Delivered by AQHealth Exercise Physiologists and Physiotherapists



AQ Health keeping you well and able longer with:

Wellness & Reablement Programs

- ✓ Music Therapy program
- ✓ Cognitive Stimulation Therapy classes
- ✓ EngAGE small group exercise
- ✓ PowerPD — Parkinson's Wellness program
- ✓ Carer Wellness program.
- ✓ Balance and Bend small group exercise

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).
- ✓ COPE therapy

For session availability and fees please contact our clinics. Private health rebates or CHSP, SaH and CDM subsidies available on all services.

