



Music Therapy Classes

Designed to support older people to improve cognitive function and wellbeing:

- ✓ No previous experience needed
- ✓ Opportunities for verbal and non-verbal self-expression, cognitive stimulation, emotional support, and engagement
- ✓ Featuring music appreciation, singing, improvisation, instruments, trivia, body movement, and attention, memory, and sensory exercises.



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.

