



## PowerPD

PowerPD is an integrated neuroactive exercise program designed for clients with a Parkinsons disease diagnosis to retrain the brain, improve and mediate Parkinson's symptoms.

- ✔ Small group sessions and tailored one on one programs available
- ✔ Delivered by AQHealth Physiotherapists and Exercise Physiologists



# 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.

