



Last Updated

6th of September 2019

Opening Hours

Monday – Friday 9:00am – 5:00pm

57-59 Port Stephens Street

Raymond Terrace NSW

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www.integratedliving.org.au

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min
9:15am			Chair Yoga 45min		Chair Yoga 45min
10:00am	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min
10.15am	Chair Yoga 45min	Chair Yoga 45min	Chair Yoga 45min		Chair Yoga 45min
11:00am	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min
11.15am	Chair Yoga 45min	Chair Yoga 45min	Chair Yoga 45min		Chair Yoga 45min
11:30am					
12:00pm	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min		Wellness Gym 60min
12:15pm	Chair Yoga 45min				
12:30pm					
1:30pm					
2:00pm	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min
2:30pm					
3:00pm		Wellness Gym 60min		Wellness Gym 60min	

Please note: Timetable is subject to change without notification. Bookings essential for all services.

Ask about our morning tea events where you can socialise with other Wellness Centre members.

**Small Wellness
Gym Classes**

Improve balance, strength and wellbeing by exercising in our Wellness Gyms. The gyms are specially built so seniors can enjoy low-impact exercise while socialising.

Chair Yoga

This modified form of yoga helps improve circulation, stretch tight muscles, improve flexibility and reduce stress and tension. Participants complete exercises while sitting on a chair or using the chair to balance.

Massage Therapy

Gentle remedial massage helps to loosen tired muscles and increase flexibility and balance.

Occupational Therapy Services

Support including wheelchair and seating prescription, pressure care education and equipment, fatigue management, adaptations for chronic illnesses, and home safety assessments.

Podiatry

Our podiatrists can give your feet the special attention they deserve – from cutting your nails, to treating lower leg and foot pain or just general foot complaints.

Art Therapy

Healing style art therapy for people living with dementia. The 12 week course helps participants develop fine motor skills and finishes with an exhibition of the artworks created.

Walking Groups

Our low impact walking groups offer gentle exercise in a social group setting. Join today and increase your heart health.

Nutritional Programs

Our delivery service offers a range of nutritious pre-prepared meals. integratedliving's Dietitian and Nutritionist provide consultations and education services.

Wellness for Independence® programs

Foot and Diabetes Wellness

If you have diabetes, are at risk of developing diabetes, or have a foot health condition, the **Foot and Diabetes Wellness** program can help you manage your health and stay on your feet.

Memory Wellness

Based on the latest research into brain and memory health, integratedliving's **Memory Wellness** program will help you improve your brain health. You will see improvements in your memory and be able think more sharply as you work your way through the program.

Digital Wellness

We can help introduce you to the digital world. It's never too late to begin. The **Digital Wellness** program will support you to use technology to stay connected to friends and family, explore your interests and hobbies and improve your memory and general wellbeing.