

**Last Updated**

6<sup>th</sup> September 2019

**Opening Hours**

Monday – Friday 9:00am – 5:00pm

3 Wilkinson Avenue,

Muswellbrook NSW

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|         | MONDAY                 | TUESDAY  | WEDNESDAY | THURSDAY               | FRIDAY |
|---------|------------------------|--|-----------|------------------------|--------|
| 9:00am  | Wellness Gym<br>60mins | Wellness Gym<br>60mins                             |           | Wellness Gym<br>60mins |        |
| 10:00am | Wellness Gym<br>60mins | Wellness Gym<br>60mins                             |           | Wellness Gym<br>60mins |        |
| 11:00am | Wellness Gym<br>60mins | Wellness Gym<br>60mins<br><br>Chair Yoga<br>60mins |           | Wellness Gym<br>60mins |        |
| 12:00pm |                        |  |           |                        |        |
| 1:00pm  |                        |  |           | Wellness Gym<br>60mins |        |
| 2:00pm  | Wellness Gym<br>60mins | Wellness Gym<br>60mins                             |           | Wellness Gym<br>60mins |        |
| 3:00pm  |                        |  |           |                        |        |
| 4:00pm  |                        |  |           |                        |        |

**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.