

Wellness Centre Calendar 2022

Last Updated: February 2022

| Time | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|--------|---------------------------|-----------|-------------------------|--------|
| 9:00am | | Wellness Gym 50 mins | | Wellness Gym 50 mins | |
| 10:00am | | Wellness Gym 50 mins | | Wellness Gym 50 mins | |
| 11:00am | | Wellness Gym 50 mins | | Wellness Gym 50 mins | |
| 12:00pm | | Stretch & Flow 45 mins | | | |
| 1:00pm | | | | | |
| 2:00pm | | | | Wellness Gym 50 mins | |

Please note: integratedliving class timetables are subject to change due to minimum class bookings. Bookings are essential to attend any class and can be made up to 7 days in advance. Cancellations of any booking must be made 24 hours prior to the class taking place.



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.

Walking Groups

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

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.

National 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.