

Virtual **Wellness** Services



Enjoy fun activities, exercise and social sessions online from the comfort of your home.

Our interactive **Virtual Wellness Services** support your health and wellbeing.



integratedliving
*supporting individuals
enriching communities*



integratedliving's Virtual Wellness Services will empower you to stay connected in today's world by choosing from a fun and diverse calendar of weekly structured exercise classes and creative activities providing stimulation and social connection, as well as developing your technology skills.

Benefits:

- Social connectedness.
- Increased digital knowledge.
- Improved health and wellbeing.

Digital Dialogue

Our Digital Dialogue program is a great entry point to our Virtual Wellness Services for people who may not be confident with technology. The interactive program is delivered online in a group setting to develop the skills necessary to comfortably navigate the internet. There's also an option for one-on-one coaching with our digital support officers. And you get to keep the iPad on completion of the program!

Learn to do the following:

- Navigate the internet.
- Understand and use a variety of applications (Apps).
- Learn about cyber security to stay safe online.
- Stay in touch with family and friends online.
- Enjoy social media and streaming platforms.
- Access news, music, videos and podcasts.
- Take photos and create videos.



Movement Classes

Our Movement Classes are perfect for anyone looking to improve their movement, balance, strength and general wellbeing without needing to leave the comfort of their home.

The classes are designed so you move at your own pace, allowing you to make the class as challenging or easy as you'd like.

Classes include:



Move at Ease

Low impact, chair-based exercise classes, ideal for participants who have limited mobility, chronic disease or anyone who has not recently participated in exercise.



Move at Pace

Low impact, chair-based exercise classes, ideal for participants who are active and move confidently. This class involves more advanced chair-based and body weight exercises.



Stretch and Flow

A gentle, low impact, chair-based exercise class focused on improving balance, mobility, circulation, and flexibility, while reducing stress and tension. This class is suited to all levels of fitness and mobility.

Exercise Physiology (one-on-one)

With the use of technology, our Exercise Physiologists can undertake assessments, create an individualised Home Exercise Program, and guide exercise sessions for you in the comfort of your own home.

All clients will have an individual assessment with one of our Exercise Physiologists prior to commencing exercise classes and regular reviews are performed to track your progress and keep you motivated as you get stronger and more confident.

Activity Classes

Stay connected and enjoy new friendships with our online Activity Classes.

Classes include, but are not limited to:

- **Arts and Crafts**

Flex your creative muscle.

- **Games and Trivia**

Bingo, trivia, and brain training games.

- **Music and Singing**

Live performances and music therapy.

- **Learn and Discover**

Learn a language, travel back in time, or visit countries near and far. Share your own stories, experiences and reminisce on days gone by.



Let's Have a Conversation

Let's Have a Conversation is a social and educational casual conversation delivered digitally. Join our friendly team and guest speakers to learn about topics related to health and wellbeing and make new friends that you can connect with from the comfort of your home.



We're here to help

Call our Customer Service Centre team on **1300 782 896**



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