

**Last Updated**  
22<sup>nd</sup> January 2019

**Opening Hours**  
Monday – Friday 9:00am – 5:00pm

3 Wilkinson Avenue,  
Muswellbrook NSW  
p: 1300 782 896

e: [muswellbrookwellnesscentre@integratedliving.org.au](mailto:muswellbrookwellnesscentre@integratedliving.org.au)  
[www.integratedliving.org.au](http://www.integratedliving.org.au)

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am	Wellness Gym 60mins	Wellness Gym 60mins		Wellness Gym 60mins	
10:00am	Wellness Gym 60mins	Wellness Gym 60mins		Wellness Gym 60mins	
11:00am	Wellness Gym 60mins	Wellness Gym 60mins  Chair Yoga 60mins		Wellness Gym 60mins	
12:00pm		Chair Yoga 60mins			
1:00pm		Wellness Gym (NDIS) 60mins		Wellness Gym 60mins	
2:00pm	Wellness Gym 60mins	Wellness Gym (NDIS) 60mins		Wellness Gym (NDIS) 60mins	
3:00pm					
4:00pm					

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.