



Last Updated
22nd January 2019

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

57-59 Port Stephens Street,
Raymond Terrace NSW
p: 1300 782 896

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www.integratedliving.org.au

	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			Massage 60min		
12:00pm	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min
12:15pm	Chair Yoga 45min				
12:30pm		Massage 60min	Massage 60min		
1:30pm		Massage 60min	Massage 60min		
2:00pm	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min
2:30pm		Massage 60min	Massage 60min		
3:00pm	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min	Wellness Gym 60min
3:30pm		Massage 60min			
4:00pm					

Small Wellness Gym Classes

Customers can 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. Customers complete exercises while sitting on a chair or using the chair to balance.

Massage Therapy

Gentle remedial massages help 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 and adaptations for chronic illnesses, and home safety assessments.

Wellness for Independence® Programs

Diabetes Wellness Program

Helping you manage the highs and lows that come with living with diabetes, our **Diabetes Wellness** program is run by expert staff who will develop a tailored diabetes health plan to meet your needs and support you to reach your wellbeing goals along the way.

Memory Wellness Program

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 Program

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.

Foot Wellness Program

We can help your feet to be happy feet with the **Foot Wellness** program. Foot health is crucial to maintain independence and manage conditions such as diabetes. This program will help you stay on your feet. This program will help you stay on your feet.

Buried in Treasures Wellness Program

You can live a life less cluttered thanks to our **Buried in Treasures Wellness** program. We support you to hold on to your precious belongings and show you ways to rid your home of dangerous and unnecessary clutter.