

### Last Updated

20<sup>th</sup> February 2019

### Opening Hours

Monday – Friday 9:00am – 5:00pm

Suite 302, Level 3, 251 Wharf Road,

Newcastle NSW 2300

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www.integratedliving.org.au

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am	Wellness Gym 60mins	Wellness Gym 60mins		Wellness Gym 60mins	Wellness Gym 60mins
9:30am					
10:00am	Wellness Gym 60mins Chair Yoga 10:15am	Wellness Gym 60mins	Wellness Gym 60mins	Wellness Gym 60mins Massage 60mins	Wellness Gym 60mins
10:30am					
11:00am	Wellness Gym 60mins Massage 60mins Chair Yoga 11:15am		Wellness Gym 60mins	Wellness Gym 60mins Chair Yoga 11:15am 45mins Massage 60mins	Wellness Gym 60mins
11:30am					
12:00pm	Massage 60mins			Massage 60mins	
12:30pm					
1:00pm	Massage 60mins			Massage 60mins	
1:30pm					
2:00pm	Wellness Gym 60mins Massage 60mins	Wellness Gym 60mins Chair Yoga 45mins		Wellness Gym 60mins Massage 60mins	
2:30pm					
3:00pm		Wellness Gym 60mins		Wellness Gym 60mins	
3:30pm					
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.