



# Get Balanced

## With Active Physiotherapy Mackay's Program

Active Physio in conjunction with Northern Queensland Primary Health Network (NQPHN) are running a **8 week falls prevention exercise class** for people who are medically deconditioned, have osteoporosis, poor balance, are frail, elderly or those with neurological conditions leading to reduced balance and unsafe to exercise independently.

The classes will run every Wednesday for 8 weeks. These classes will promote healthy lifestyles by encouraging structured exercise at home, incorporating movement into daily living, and giving participants the knowledge to perform exercise safely at home.



**FREE**

### CLASS INFORMATION

**Location:** Studio 53  
53 Gregory St, Mackay

**Dates:** Every Wednesday from 5 February to 25 March 2020

**Time:** 10:30am - 11:15am

Classes will be 45 minutes duration, water and fresh fruit will be provided. We request participants make themselves available for the 8 week duration. A health screening questionnaire will be required before commencing and possibly GP clearance to exercise.

Classes will fill quickly so please call Active Physiotherapy Mackay on **4953 3557** to secure your spot.