

WELLNESS

At BallyCara, we are deeply committed to promoting healthy and happy living. Our Wellness Program is a comprehensive offering of tailored fitness activities, expertly crafted to support the well-being of those living throughout Southeast Queensland.

- All classes and sessions are run by a qualified Health Professional
- Individual and group exercise sessions available that are tailored to you, your goals, and capacity
- A number of subsidies are available to help fund your health and wellness journey including HomeCare Package (HCP), Commonwealth Home Support Program (CHSP), National Disability Insurance Scheme (NDIS), Department of Veterans' Affairs (DVA) and Private Health Insurance

Our team is comprised of qualified Health Professionals who are passionate about nurturing physical, mental, and emotional health.

Clients have the flexibility to access our Health and Wellness services at either our Caras' & Co or Wellness Centre locations, or we can arrange for services to be delivered within the comfort your own home.

Please refer to our website for up-to-date schedules specific to each location.

Contact Us

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