

For more information or to book an appointment please contact us on 1300 272 222 or email wellness@ballycara.com



Caras' & Co Logan Weekly Schedule - Effective 10/10/2023

Caras' & Co Bethania, 6/78 Station Road, Bethania, QLD 4205

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|-----------------|-------------------|-----------------|-----------------|-------------------|
| Individual Exercise Physiology Appointments | 7:00am - 3:00pm | 7:00am - 3:00pm | 7:00am - 3:00pm | 7:00am - 3:00pm | 7:00am - 3:00pm |
| Mixed Exercise Class \$15.00 | | 8:30am - 9:30am | | | |
| | | 10:00am - 11:00am | | | 10:00am - 11:00am |
| Seniors Function Fitness Class Active & Healthy Logan \$5.00 | | | | | 8:30am - 9:30am |
| Walking Group FREE | | | 7:15am - 7:45am | | |

Wellness Program - Exercise Descriptions

Dedicated Exercise Physiology Sessions - Individual Exercise Physiology sessions tailored to suit your needs and provide expert guidance on how to achieve your goals.

Exercise Class - The exercise classes are aimed at those aged 50 and over who want to improve their strength, fitness, mobility, balance, and flexibility using resistance bands, free weights and gym equipment, while stimulating healthy brain function.

Walking Group - This walking group is run in conjunction with the Heart Foundation and is facilitated by one of our Exercise Physiologists. It is a fantastic chance to stay active and meet new friends along the way. Meet outside Caras' & Co Bethania for a 30 minute or less walk at a slow to moderate pace.

Allied Health Services

Social Work - This service supports people to make changes in their lives to improve their personal and social well-being.

Social Workers offer a broad range of services including personal counselling, facilitating referrals where needed, care management and advocacy particularly for those experiencing social hardships.

Location: In-home: \$140 for 1 hour. Initial Assessments are up to 1.5 hours. Home Care Package subsidy available



Fees:

\$140 per hour, pro rata for Private and HCP bookings.

Minimum appointment time 45 minutes.

For all home or community visits, this will attract a travel fee for Private and HCP bookings at a pro rata of \$140 per hour with a 15 minute minimum.

DVA, Medicare fees may vary depending on funding model. Please refer to your service agreement if applicable.

Wellness Program Cancellation Policy:

100% of the service fee will be charged for cancellations with less than 24 business hours notice from scheduled appointment. Genuine emergencies including health concerns will be considered for short notice cancellations. Please follow the prompts to leave a message if phoning after reception hours (Monday-Friday 8am-4pm).

NB: All Wellness Appointments are scheduled **Monday - Friday between 7:00am - 3:00pm.**

Entitled Department of Veterans' Affairs, Medicare Enhanced Primary Care Plans and Private Health Funds Accepted.