

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



Caras' & Co Brisbane North Weekly Schedule
- Effective 23/10/2023

Caras' & Co Wooloowin, 36 Rose Street, Wooloowin, QLD 4030

	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
Falls Prevention \$15.00	9:00am - 9:45am				
Strong Bones \$15.00	10:00am - 10:45am				
Tai Chi \$15.00	11:00am - 12:00pm				
Mixed Circuit Class \$15.00				9:15am - 10:00am	
Walking Group FREE				7:00am - 7:30am	

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.

Falls Prevention (Balance) - Have new found confidence by challenging and improving your balance, coordination and mobility. This is a fun and interactive balance class.

Strong Bones - A 45 minute balance, stretching and resistance class led by one of our Exercise Physiologists. Join in this popular weight-bearing class to improve your bone and muscle strength.

Tai Chi - A gentle way to relieve stress and anxiety. In addition to this it also helps to increase flexibility and balance.

Circuit Class - A 45 minute group circuit which involves rotating between several exercises that target different muscle groups and components of fitness, including strength, cardiovascular fitness and balance training.

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 Coffee Cart for a 30 minute or less walk at a slow to moderate pace. Prams and walkers welcome.

Allied Health Services

Remedial Massage - This massage based therapy is perfect for anyone who is suffering from pain or injury in a particular area of the body.

Remedial Massage is used to treat tense or immobile muscles and can support one's recovery. Book in with one of our Remedial Massage Therapists at Caras' & Co.

On-site: \$120 for 1 hour / **\$60 for 30 minutes**

In-home: \$140 for 1 hour / **\$70 for 30 minutes**

Physiotherapy - This therapy improves movement, reduces pain and stiffness, and can speed up the healing process from pain or an injury in a particular area of the body. Physiotherapy is used to treat pain or movement problems and can improve a person's mobility and make someone feel more comfortable. Book in with our Physiotherapist at Caras' & Co

On-site: \$150 for 1 hour / **\$75 for 30 minutes**

In-home: \$170 for 1 hour / **\$85 for 30 minutes**

Occupational Therapy - This therapy provides support for people to continue to do things they would like to do, e.g. everyday tasks such as walking or getting dressed. An Occupational Therapist can identify strengths and difficulties and work out solutions on an individual basis. Book in with our Occupational Therapist based at Caras' & Co

In-home: \$150 for 1 hour. Initial Assessments are up to 1.5 hours

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.

In-home: \$140 for 1 hour. Initial Assessments are up to 1.5 hours

Government Subsidised and Private Service Options available, including CHSP & HCP funding.

Exercise Physiologist 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 and 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 - 4:00pm.**

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