

For more information or to book an appointment please contact us on 1300 272 222 or email [wellness@ballycara.com](mailto:wellness@ballycara.com)



**Caras' & Co Brisbane North Weekly Schedule**  
- Effective 08/01/2024

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

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Individual Exercise Physiology Appointments</b>	7:00am - 3:00pm	7:00am - 3:00pm	7:00am - 3:00pm	7:00am - 3:00pm	7:00am - 3:00pm
<b>Falls Prevention \$15.00</b>	9:00am - 9:45am				
<b>Strong Bones \$15.00</b>	10:00am - 10:45am				
<b>Tai Chi \$15.00</b>	11:00am - 12:00pm				
<b>Mixed Circuit Class \$15.00</b>				9:15am - 10:00am	
<b>Walking Group FREE</b>				7:00am - 7:30am	

**Group Exercise Classes**

**Falls Prevention (Balance)** - Strengthen muscles, improve balance, and boost confidence to reduce the risk of falls. Expert-led sessions tailored for a safer, more active lifestyle.

**Strong Bones** - Discover the power of strong, resilient bones with our Strong Bones class! Tailored exercises to boost bone density, improve muscle strength and enhance overall skeletal health.

**Tai Chi** - Embark on a journey to improved balance, coordination and flexibility with our Tai Chi class. Immerse yourself into the slow, controlled movements of this ancient practice whilst also promoting overall health and mindfulness.

**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** - Run in conjunction with the Heart Foundation, this is a fantastic chance to stay active and meet new friends along the way. Meet outside Caras' & Co Coffee Cart for a 30 minute walk at a slow to moderate pace.

## Allied Health Services

**Exercise Physiology** - Our dedicated team work with you to define and achieve your health and function goals, utilising exercise as medicine. Whether you're recovering from a fall, managing a chronic health condition, or wishing to remain independent in your home and community, our tailored exercise programs are designed to support your overall health and independence.

**Fees: \$140/hr, pro rata**

**Remedial Massage Therapy** - Tailored to address specific health concerns and musculoskeletal issues, our skilled therapists blend hands-on therapeutic techniques to alleviate pain, reduce tension, and enhance overall well-being during recovery.

**Fees: \$120/hr, pro rata**

**Physiotherapy** - Our expert therapists employ personalised, evidence-based knowledge to assess and diagnose a range of musculoskeletal conditions aimed at pain management, mobility restoration and optimisation of function. Whether recovering from an injury or aiming to enhance function, our dedicated team can guide you on a path to lasting physical well-being.

**Fees: \$150/hr, pro rata**

**Occupational Therapy** - Through personalised assessments and tailored interventions, our experienced Occupational Therapists focus on promoting independence in daily activities, maintaining cognitive function, and ensuring a safe and fulfilling living environment. Whether addressing mobility challenges, adapting equipment for age-related changes, or providing strategies for memory care, our holistic approach aims to promote positive ageing.

**Fees: \$150/hr, pro rata**

**Social Work** - Our expert Social Workers provide compassionate support, addressing emotional, social, and practical needs. From fostering connections with loved ones to navigating healthcare resources, we are committed to enhancing the social well-being of older adults.

**Fees: \$140/hr, pro rata**

## Travel Fees:

All home or community visits will attract a travel fee for Private and HCP bookings at a pro rata rate of the service fee (minimum 15mins).

CHSP, DVA, Medicare & NDIS referrals accepted. Please enquire for availability and fees.

## Wellness Program Cancellation Policy:

100% of the service fee will be charged for cancellations with less than 24 hours notice.

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 minimum 45mins.**