

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 Logan Weekly Schedule - Effective 01/07/2024**

Caras' & Co Logan, 42-48 Bourke St, Waterford West, QLD 4133

	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>Seniors Functional Fitness Class</b> Active & Healthy Logan \$5.00 <i>Bookings required</i>					8:30am - 9:30am

**Group Exercise Classes**

**Seniors Functional Fitness Class** - This exercise class is proudly subsidised by Active and Healthy Logan! Embrace vitality and elevate your well-being with our Seniors Functional Fitness Class at Caras' & Co by BallyCara. Tailored for the unique needs of older adults, this class focuses on enhancing strength, flexibility, and balance to support everyday activities.

## Allied Health Services

**Exercise Physiology** - Our team of dedicated Exercise Physiologists work with individuals to apply principles of exercise and physical activity to promote health and wellness. Whether you're recovering from a fall and wondering about next steps, managing a chronic condition, or wishing to improve your mobility around the community, our tailored exercise programs are designed to enhance your self-confidence and help maintain your independence.

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

**Home Care Package subsidy available**

## 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).

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.**