

Healthy Ageing

Move. Connect. Enjoy.

FREE
8 WEEK
PROGRAM

Evidence based OT groups to support your health, independence and wellbeing.



FALLS & BALANCE TRAINING

For people experiencing falls or balance loss



Falls and Balance group:

is an evidence based education and physical exercise group.

Our goals are to:

- ✓ Improve mobility
- ✓ Increase balance
- ✓ learn to complete your own home risk assessment



Each week will focus on a different risk factor for falls and how that impacts people within the group.



NEURO UPPER LIMB GROUP

For people with stroke or brain injury



Neuro Upper Limb Rehab group:

is aimed at improving function within the hand, forearm and shoulder using evidence based strategies.



This is important after stroke or brain injury because the brain doesn't automatically "relearn" movement just with time - it needs targeted, regular therapy for recovery and improvement.



SOCIAL COGNITIVE GROUP

For isolated adults experiencing cognitive decline



Social and Cognitive Inclusion group:

aims to decrease social isolation and dementia risks for our vulnerable adult populations.



Social isolation increases someone's risk of dementia **by 50%**



support brain and social health by strengthening cognitive skills through guided therapy and mental stimulation exercises.

FREE

In return, participants will be asked to complete feedback forms, pre/post assessments, and consent to photos for promotional use.



STARTS
20TH JULY
2026



TIMES & LOCATIONS
TO BE
CONFIRMED



LED BY AN
EXPERIENCED
OCCUPATIONAL
THERAPIST



PROGRAM
CONSISTS OF
2 WEEKLY 45
MINUTE
SESSIONS.



OCCUPATIONAL THERAPY GYMPIE

FREE 8 Week Program

**PLACES ARE LIMITED.
CALL TO SECURE YOUR SPOT!**

Designed for adults who are at risk of falls, have suffered a stroke or brain injury or in the early stages of cognitive decline.



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