

Osteoporosis Classes

Yes it's **beatable, treatable, and preventable.**

Exercise is one of the key ingredients to maintaining strong and healthy bones. Our classes are suitable for individuals who have been diagnosed with Osteoporosis or Osteopenia. Participants are guided through resistance, balance and body weighted exercises, while being taught the correct techniques in a supervised, social and fun environment.

Our class focusses on:

- Improving bone density
- Functional strength
- Balance
- Reducing falls risks
- Improving fitness

Class Time: Friday 2pm to 3pm

Class Location: WA Health Group
Suite 7, Level 1
2 Queensgate Drive
Canning Vale WA 6155

Class cost: \$22 per participant. Maximum 8 per class (*private health rebates available*)

Medicare Patient Initial Consultations: Patients may be eligible via their GP for a Chronic Disease Management Plan. This funding via Medicare funding can partially assist in providing a rebate for the initial consultation.

Private Patient Initial Consultations: For private patients, rebates may be available with your private health fund, please check with your fund for coverage prior to attending.

Run by our Accredited Exercise Physiologists, Nardine Gillman, participants will be closely supervised and supported through ongoing exercise classes to help manage your health and quality of life.

To book now phone: (08) 6162 2616

