

# Core Stability Program

The highest standard in the delivery of safe and effective exercise

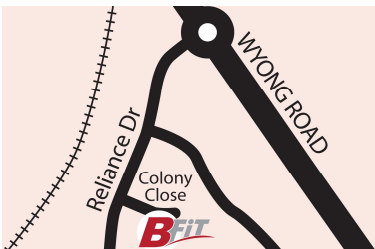


## Registration & Rebates

Medicare, DVA and Health Funds. Bulk billing available.

## Exercise is great medicine

Improve your quality of life with Accredited Exercise Physiologists and Exercise Therapists.



REHABILITATION & WELLNESS CENTRE

## CORE STABILITY PROGRAM

Are you sick of recurring back pain?

Do you suffer from poor posture and abdominal control?

Do you have problems sleeping at night?

Do you have problems completing activity?

Are you in a cycle of recurring injury?

If you can relate to any of the above, then this could be the program you have been waiting for. Our core stability package offers a comprehensive educational and practical format for our clients to address the issue of recurring injury and pain.

## THE PACKAGE INCLUDES

- Exercise Physiologist consultation(s)
- 1 on 1 sessions with Exercise Therapists
- Professional evidenced based programs
- Supervised sessions
- Friendly, professional service

## THE BENEFITS YOU WILL ENJOY

- Improved core function
- Improved core stability & strength
- Improved range of motion

Please contact us for more info

## Find us at

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HEALTH  
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ONE LIFE  
ONE BODY  
Be the BESTyou  
CAN BE!