

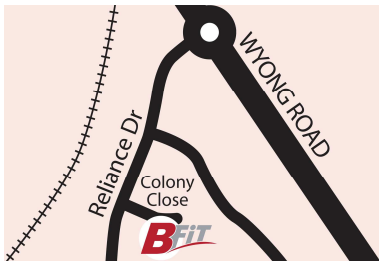
Outreach Scheme

Providing positive healthcare at the workplace



Exercise is great medicine

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



REHABILITATION & WELLNESS CENTRE

THE OPPORTUNITY

As part of our ongoing commitment to health and wellness, we have compiled an outreach program that provides all participants with the opportunity to evaluate their own health and wellbeing.

This mobile service, where-by we visit your establishment, provides a unique opening for positive health management.

The scheme includes a 'one stop shop' screening station, to be installed in a designated area, that will allow the participants to utilize our services and to potentially highlight any health concerns, giving them the opportunity to seek positive healthcare resolutions if required.

We believe that this service is unique in both its educational design and promotion.

ON SITE SCREENING INCLUDES

- Peak flow (Lung capacity)
- Body composition
- Blood pressure
- Grip strength
- Core stability
- Educational delivery on a topic of choice

This service is delivered in a friendly, fun, professional and secure manner where the participants confidentiality is maintained at all times.

Please contact us for more info

Find us at

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HEALTH
SERVICES

ONE LIFE
ONE BODY
Be the BEST you
CAN BE!