



JAMES COOK
UNIVERSITY
AUSTRALIA

JCU Physiotherapy

Better Balance 2023

Have you lost confidence with your balance or mobility?

Would you like to exercise in a safe and supervised environment?

We're running a Better Balance Class for those wanting to improve their balance and mobility.

WHO: Anyone aged 60 years and over; OR, those with balance difficulties

WHEN: Tuesday or Friday afternoon (1-3pm) for 6 weeks

WHERE: JCU Health, Level 1, Clinical Practice Building, Bebegu Yumba Campus

WHAT: Please wear closed in shoes and bring a water bottle

COST: \$7 per session

TO REGISTER PLEASE CONTACT:

JCU Health PHONE: (07) 4781 4495

MORE INFORMATION OVER PAGE

Cairns

Singapore

Townsville



Better Balance 2023

What does the class involve?

- Groups of 10-12 participants supervised by a physiotherapist and James Cook University physiotherapy students
- Exercises targeted at improving functional balance, and increasing leg strength and endurance
- Complimentary home exercise program with pictures and detailed instructions to continue your exercises at home
- An Advanced Balance class for returning and suitable participants will also be run on Friday mornings. Please contact JCU Health for further information regarding this class
- NO referral is required to attend this program; however, a health summary is preferred

Better Balance Program dates:

- **Program 1:**
 - Tuesday January 31 – March 14
 - Friday February 3 – March 17
- **Program 2:**
 - Tuesday March 21 – May 9
 - Friday March 24 – May 12
- **Program 3:**
 - Tuesday May 16 – June 20
 - Friday May 19 – June 24

Program dates for the second half of 2023 will be released in late June 2023, and will be published online at:

<https://www.jcuhealth.com.au/>

***Information correct as of December 8th, 2022*

Cairns

Singapore

Townsville