



ACTIVE LIVING

CÜRA cares about a healthy mind as well as a healthy body. Our tailored exercise programs enrich your well-being and help you stay active.

Our mission is to help you maintain your exercise gains and have social interaction with your fellow classmates. We teach exercise classes, support you with your fitness, share information, and help you reach your goals. Join us to exercise safely, be part of a friendly community, share challenges, have thoughtful conversations, and support one another.

ABOUT US

Multicultural Communities Council Gold Coast Ltd (MCCGC) has been serving the region for 35 years with a charter to ensuring that people from culturally and linguistically diverse backgrounds have equal access to services for their ongoing health and well-being.

CÜRA is a branch of MCCGC that offers individually tailored services through active living, health and well-being and in-home programs.

CÜRA is an accredited provider of Home Care Packages and Commonwealth Home Support Programme in the Gold Coast, Moreton Bay and Sunshine Coast regions, as well as the Community Pathway Connector Program, NDIS Support Coordination and Community Visitors Scheme. We are dedicated to providing the highest quality of care and abide by the Aged Care Charter of Rights and Aged Care Quality Standards.



Call 07 5527 8011 or email info@curacares.com for more information!



EXERCISE PROGRAMS



LIGHT N LOW

Our Light n Low Program is a social and fun class designed for those that haven't exercised in a while. The class includes aerobics, progressive resistance training, balance, mobility and flexibility, and allows for seated and standing options.

Objectives of program:

- Get back into a regular exercise routine
- Provide safe, low intensity programs to older adults and people with stable chronic conditions
- Provide a social community exercise program for groups and individuals



TAI CHI FOR SENIORS

Our Tai Chi Program is an evidence-based, customised, safe and targeted intervention program for improving health, and reducing the risk of falls. The program allows participants with mobility and balance issues to participate seated if required.

Objectives of program:

- Improve and maintain muscle strength, mobility, coordination and dynamic balance
- Improve the body's ability to adjust to directional change
- Improve blood circulation and blood pressure
- Reduce stress, increase confidence
- Overcome anxiety and fear of falling



LUNGS IN ACTION

Our Lungs in Action Wellness Program is an initiative of Lung Foundation Australia.

Lungs in Action is an exercise maintenance program designed for people with stable chronic lung conditions who have completed a pulmonary rehabilitation program.

Objectives of program:

- Reduce hospital admissions
- Improve quality of life
- Maintain strength and endurance
- Improvements following pulmonary rehabilitation programs



WANT TO JOIN IN?

Call our office today to find out about costs and details including transport options.

CÜRA is a branch of MCCGC (Multicultural Communities Council Gold Coast Ltd) and specialises in providing tailored care services including CÜRA Kitchen, CÜRA Active Living, CÜRA Health & Well-being and CÜRA In-Home Support.

Multicultural Communities Council Gold Coast Ltd trading as CÜRA.

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