



A BRANCH OF
MCCGC
MULTICULTURAL COMMUNITIES
COUNCIL GOLD COAST LTD

cüra
We make life better
ACTIVE LIVING HEALTH & WELL-BEING IN HOME SUPPORT

HEALTH & WELL-BEING

HOME TO THE GOLD COAST'S ONLY MULTI SENSORY RELAXATION ROOM

At CÜRA, we care about being active, enjoying and living life to the full. We support your lifestyle by offering a range of wellness programs to ensure you can live a life you love.

Our wellness centre and programs provide activities to help you stay healthy, fit and active as well as providing a social outlet for like-minded people. At CÜRA, we are people-focused; we are focused on your individual needs, your cultural background and your lifestyle.

ABOUT US:

In 2016, Multicultural Communities Council Gold Coast Ltd (MCCGC) celebrates 30 years of community service 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 the Aged and Community Care Services branch of MCCGC and offers individually tailored services through active living, health and well-being and in home programs.

CÜRA is an accredited provider of Home Care Packages in the Gold Coast and Moreton Bay regions, Commonwealth Home Support Program, Queensland Community Care Services and Community Partners Program. CÜRA strengthens these programs with private home care services, giving choice and control over the services you require by ensuring innovation and excellence in care.

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OUR WELLNESS PROGRAMS:



HEARTMOVES

Our Heartmoves Wellness Program is an initiative of The Heart Foundation. It is a gentle physical activity program suitable for those who have not engaged in exercise in a while. The program allows you to exercise at your own pace in a friendly atmosphere.

Heartmoves is open to all and is designed also as a safe program for people with stable, long-term health conditions such as heart disease, diabetes or obesity.

Objectives of program:

- Lower blood pressure and improve cholesterol control
- Manage weight
- Improve wellbeing, quality of life and sleep
- Manage diabetes
- Improve balance and flexibility
- Improve bone mineral density with arthritis management
- Prevent falls and injuries from falls



TAI CHI FOR SENIORS

Our Tai Chi Wellness Program is an evidence based, customised, safe and targeted intervention program for improving health, reducing the risk of falls and preventing falls.

The program allows participants with mobility and balance issues to participate seated if required.

Objectives of program:

- Improve and maintain muscle strength
- Improve and maintain 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



LIGHT PACE AQUA WELLNESS

Our Light Pace Aqua Wellness Program is a low intensity exercise class held in warm water.

Led by a fitness instructor, this is an enjoyable class designed for older adults, people with stable health conditions or those that haven't exercised for a while.

Objectives of program:

- Reduce pain
- Improve and maintain strength, flexibility and joint mobility
- Relax tense and sore muscles
- Improve and maintain balance
- Lower stress and have fun



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.

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

Multicultural Communities Council Gold Coast Ltd trading as CÛRA Community Services.

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