



Prostate Health, Fitness & Wellbeing -Stronger Together

First Light Healthcare is delighted to welcome a new Allied Health Offering – Our 'Stronger Together' Prostate Fitness, Health & Wellbeing Group Classes. Our 'Stronger Together' group classes are open to men both pre and post-surgery (at least 6 weeks post -surgery). These classes are designed to help men with urinary incontinence and assist with fatigue post cancer and androgen deprivation therapy.

To be eligible to attend these classes, you will require a referral from your GP to First Light Healthcare's Men's & Women's Pelvic Floor Physiotherapist, Kate Goswell, who will then arrange a follow up assessment with our Exercise Physiologist, Rebecca Buckley, who will conduct a fitness assessment prior to your first group class.

The classes will run twice weekly for 60 minutes. During these sessions you will be guided by Rebecca through evidence-based exercises that will strengthen your pelvic floor and aid in post- surgery recovery while giving you the opportunity to connect with your mates!

Classes will commence 1st August 2023. For further enquiries or to book your initial consultation with Kate Goswell, contact First Light Healthcare Ballina on (02) 6685 6326.

First Light Healthcare Ballina
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Rebecca Buckley

Exercise Physiologist

Rebecca Buckley is a dedicated and experienced Exercise Physiologist with a passion for educating clients on the transformative power of exercise. With expertise in chronic disease management and a focus on personalised care, she empowers individuals to improve their health, posture, strength, and mobility.



Kate Goswell

Womens and Mens Health Physiotherapist

Kate Goswell is also experienced in men's pelvic health including treating pelvic pain disorders, bladder and bowel dysfunction as well as pelvic floor rehabilitation following prostate/urinary surgery. Her pelvic floor sessions often include treatment such as massage, dry needling. Mobilisations, strengthening and stretching.

KATE GOSWELL INITIAL ASSESSMENT	30 mins	\$110.00
REBECCA BUCKLEY INITIAL ASSESSMENT	45-60 mins	\$125.00
GROUP CLASS	60 mins	\$ 25.00

*Initial Assessment required by both practitioners prior to commencing group class.
*Initial Assessments can be claimed through EPC or Private Health.