



# Strength and Mobility Group Classes

First Light Healthcare is excited to welcome a new Allied Health offering - Movement & Mobility Group Classes with our Physiotherapist, Carly Fraser.

Our Movement and Mobility group class is an evidence-based group falls prevention and physical activity program specifically designed for older adults aged 65+. The class will be conducted with 8-10 suitable participants.

Participants will be attending classes over an 8-week block with the goal of reducing their falls risk.

A referral to our Physiotherapist, Carly Fraser is required from your GP for an initial consultation to allow an introduction to the exercises in a one-on-one setting prior to group classes.

For any further enquiries or to book, please call First Light Healthcare Ballina on (02) 6685 6326.



**Carly Fraser**

*Physiotherapist*

Carly focuses on Women's and Men's health while continuing to have a holistic treatment approach. Carly focuses on manual therapy, evidence based exercises and education to assist her patient recover for sporting/working related injuries, pelvic pain, incontinence, pre and post-natal injuries, pelvic organ prolapse and postnatal return to sport/exercise safely.

<b>Initial Assessment</b>	<b>30min</b>	<b>\$98.00</b>	<b>(Can be claimed through EPC or PH)</b>
<b>Group Class*</b>	<b>60min</b>	<b>\$ 20.00</b>	<b>(Can be claimed on PH – not EPC)</b>

\* Pricing per class

