

Caras' & Co Logan Weekly Schedule - Effective 01/07/2024



MONDAY

7:00am-3:00pm

Individual
Appointments

TUESDAY

7:00am-3:00pm

Individual
Appointments

WEDNESDAY

7:00am-3:00pm

Individual
Appointments

THURSDAY

7:00am-3:00pm

Individual
Appointments

FRIDAY

7:00am-3:00pm

Individual
Appointments

8:30am-9:30am

Seniors Function
Fitness Class
Active & Healthy
Logan
Bookings required

For more information or to book an appointment please contact us on **1300 272 222**, email **wellness@ballycara.com** or visit our website **www.ballycara.com**

Caras' & Co Logan, 42-48 Bourke Street, Waterford West, QLD 4133

Wellness Program Logan



Seniors Functional Fitness Class (\$5.00) - This exercise class is proudly subsidised by Active and Healthy Logan! Embrace vitality and elevate your well-being with our Seniors Functional Fitness Class at Caras' & Co by BallyCara. Tailored for the unique needs of older adults, this class focuses on enhancing strength, flexibility, and balance to support everyday activities.

CHSP, DVA, Medicare & NDIS referrals accepted.

Exercise Physiology Fees: \$150/hr

Physiotherapy: Fees: \$150/hr

Social Work Fees: \$150/hr

Registered Nurse Fees: \$138/hr

All BallyCara appointments are minimum of **45 minutes** except for Registered Nursing appointments which are a minimum of **30 minutes**.

Travel charges are a minimum of **15 minutes** except for Registered Nursing where no travel charge applies.

Cancellation Policy:

100% of the service fee will be charged for cancellations with less than 24 hours' notice. Genuine emergencies including health concerns will be considered for short notice cancellations. Please follow the prompts to leave a message if phoning after reception hours (Monday-Friday 8:00am-4:00pm).