

For more information or to  
book an appointment please  
contact us on  
**1300 272 222**



## Caras' & Co Weekly Schedule - Effective 04/07/2022

Caras' & Co, 6/78 Station Road, Bethania, QLD 4205

BallyCara Exercise Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Individual Appointments</b>	7:00am - 3:00pm	7:00am - 3:00pm	7:00am - 3:00pm	7:00am - 3:00pm	7:00am - 3:00pm
<b>Mixed Exercise Class</b> \$12.00		8:30am - 9:30am			
<b>Women's Exercise Class</b> \$12.00		10:00am - 11:00am			
<b>Seniors Function Fitness Class</b> <i>Live Well Logan</i> \$12.00					8:30am - 9:30am
<b>Mixed Exercise Class</b> \$12.00					10:00am - 11:00am

### Wellness Program—Exercise Descriptions

**Dedicated Exercise Physiology Sessions**— Individual Exercise Physiology sessions tailored to suit your needs and provide expert guidance on how to achieve your goals. We are also registered to provide subsidised individual sessions through Medicare and Private Health Insurance providers.

**Exercise Class**—The exercise classes are aimed at those aged 50 and over who want to improve their strength, fitness, mobility, balance and flexibility using resistance bands, free weights and gym equipment, while stimulating healthy brain function.

#### Initial Assessment

\$100 for 1 hour (Individual Appointments)

#### 1:1 Exercise Physiologist Session:

On-site: \$100 for 1 hour / \$50 for 30min

Off-site: \$120 for 1 hour / \$60 for 30min

**Entitled Department of Veterans Affairs  
Clients, Medicare Enhanced Primary Care  
Plans & Private Health Funds Accepted**

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### Allied Health Services

**Remedial Massage**— This massage based therapy is perfect for anyone who is suffering from pain or an injury in a particular area of the body. Remedial Massage is used to treat tense or immobile muscles and can support one's recovery.

Location: In-home from \$110 for 1 hour

**Social Work**— This service supports people to make changes in their lives to improve their personal and social well-being. Social Workers offer a broad range of services including personal counselling, facilitating referrals where needed, care management and advocacy particularly for those experiencing social hardships.

Location: In-home \$70 for 30 mins, \$140 for 1 hour

Home Care Package subsidy available

#### Wellness Program Cancellation Policy:

*50% of the service fee will be charged for cancellations with less than 24 hours notice from scheduled appointment. The only exception will be for legitimate health reasons or other emergencies at the discretion of management. Please follow the prompts to leave a message if phoning after reception hours.*