



# GOC Care

Aged • Disability • Community



## Wellness Programs

**A fun way for seniors to remain active, healthy and socially connected to the community by accessing:**

- ◇ **Hydrotherapy:** Individuals attending sessions in a warm pool providing therapy, exercise and rehabilitation and other treatment enabling health, wellness and fitness.
- ◇ **Fun Fit Classes:** Individuals attending light exercise sessions improving balance, strength, endurance, fitness and health as a result of regular physical activity.
- ◇ **Social Outings Group:** Planned monthly social outings in a small group setting accessing recreational/ social activities.
- ◇ **Chronic Disease Program:** Learn about Diabetes and Blood pressure Management.

To find out how to join

Contact us on

**07 3249 1010 or**

**[info@goccare.com.au](mailto:info@goccare.com.au)**

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