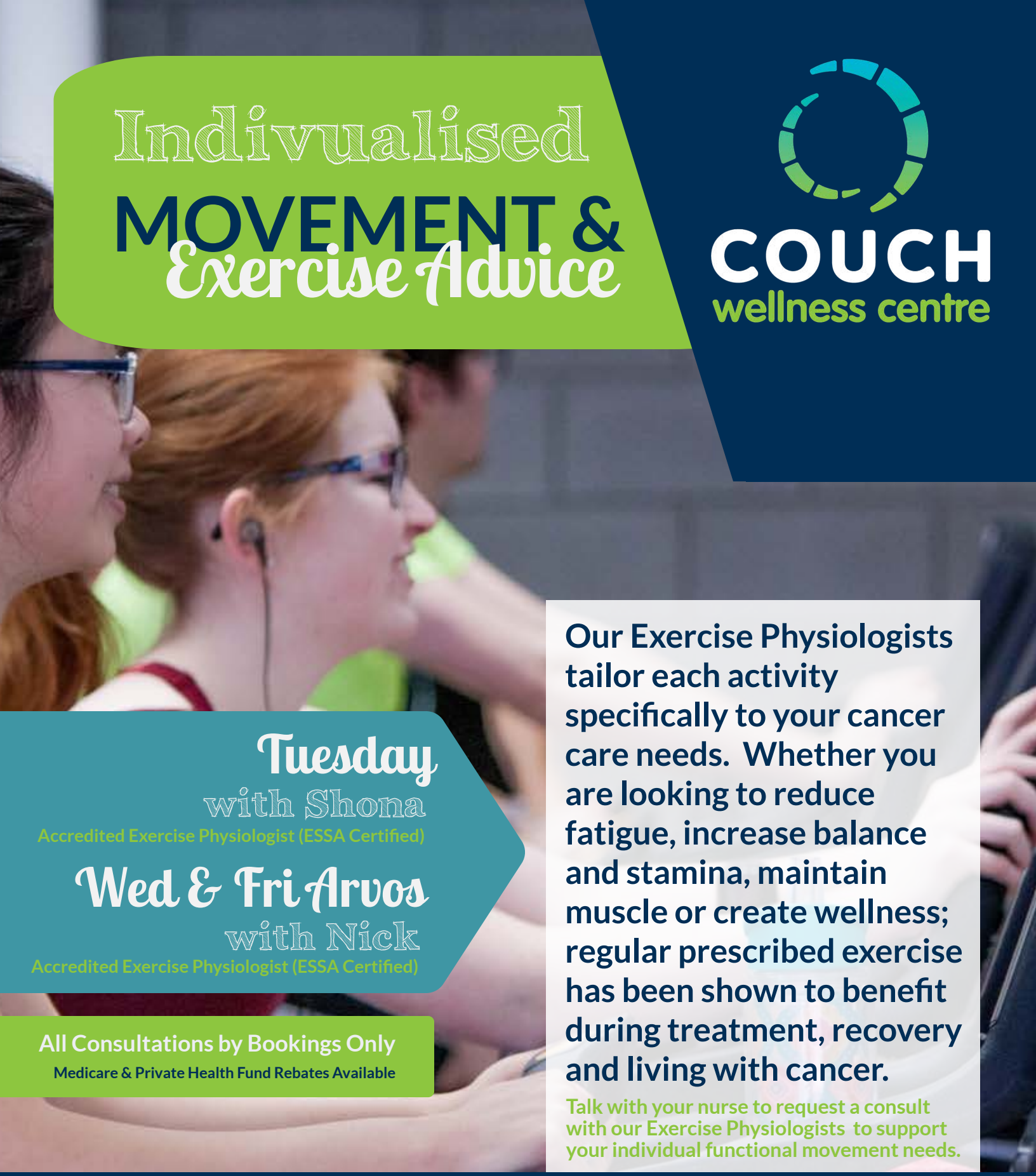

Indivualised MOVEMENT & Exercise Advice

COUCH wellness centre

Tuesday
with Shona
Accredited Exercise Physiologist (ESSA Certified)

Wed & Fri Arvos
with Nick
Accredited Exercise Physiologist (ESSA Certified)

All Consultations by Bookings Only
Medicare & Private Health Fund Rebates Available

Our Exercise Physiologists tailor each activity specifically to your cancer care needs. Whether you are looking to reduce fatigue, increase balance and stamina, maintain muscle or create wellness; regular prescribed exercise has been shown to benefit during treatment, recovery and living with cancer.

Talk with your nurse to request a consult with our Exercise Physiologists to support your individual functional movement needs.

Not a Care Partner yet?
Join our Care Partnership Program to receive nursing support and reduced fees for healthcare services and supports @ the COUCH Wellness Centre

Access from end of Kauri Street or Reservoir Road,
Manoora, Cairns
admin@couchwellness.com.au
Phone 4032 0820

www.couch.org.au