

**WHAT:** Balance and strength exercises prescribed to your own abilities.

**WITH:** A qualified Physiotherapist in a group setting

**WHERE:** Physiotherapy Department at Benalla and District Memorial Hospital  
AL Berry Day Care Centre  
Samaria Rd Benalla

**WHEN:** Wednesday afternoons 1.00pm-2.00pm

**COST:** \$5.00 per 1 hour session

**WHO:** Anyone, All Welcome!!



**WHY:**

- To improve your balance
- Decrease your risk of falls and injury
- Decrease your risk of fractures
- Enable you to walk with confidence
- Increase your social activity and meet other people affected by balance problems

**PLEASE WEAR:**

Comfortable clothing and shoes

Glasses if required

**PLEASE BRING:**

Your walking aid



FOR MORE  
INFORMATION PLEASE  
CONTACT:

**PHYSIOTHERAPY**  
**DEPARTMENT**  
BENALLA AND  
DISTRICT  
MEMORIAL  
HOSPITAL  
**(03)5760 2231**

OR

Community Health  
RECEPTION  
**(03)5761 2200**

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# BALANCE GROUP



**Community Health**  
Benalla and District Memorial Hospital