

Our group is designed
for people who want to:

- ✓ IMPROVE STRENGTH AND ENDURANCE
- ✓ MAINTAIN INDEPENDENC
- ✓ ENHANCE BALANCE AND STABILITY
- ✓ RECOVER AFTER INJURY OR SURGERY



Led by a qualified Physical Therapist,
each session includes targeted
exercises tailored to your individual
needs.

VISIT US



CONTACT & REGISTRATION

📞 CALL: 03 4504 2515

✉ EMAIL: ACTIVEHEALTH@CLINIC.COM

🌐 WEBSITE:

WWW.ACTIVEHEALTHPORTLAND.COM

👉 SPACES ARE LIMITED – REGISTER NOW!

📍 123 WELLNESS ST, PORTLAND VIC



PWD PARKING AVAILABLE.

ACTIVE HEALTH
PORTLAND

STRENGTHENING
EXERCISE GROUP

SUPERVISED BY A
ACCREDITED PHYSICAL
THERAPIST



Why Join Our Group?

- ✓ Safe, supportive environment
- ✓ Evidence-based programs
- ✓ Social, fun, and motivating
- ✓ Boost confidence and physical wellbeing



Who Can Join?

This group is ideal for:
Older adults
Individuals post-physio
People with reduced strength or mobility
Anyone wanting to stay active & independent

 **A short assessment with our PT is required before joining.**

Program Details

 **When:** Thursdays
| 1:30AM – 2:30 AM

 **Where:** Active Health
Portland

 **Facilitator:**

PT N. Sagmit & PT B.Crowe
(Registered Physiotherapist)

What's Included:

Full body strengthening routine
Balance and core training
Stretching and mobility work
Progress tracking

