

# Wellness Services

## *Strength for Life*



### Physical Health and Wellbeing



### Social Support

#### Where & When:

49 Buxton Street, North Adelaide  
Mondays and Thursdays

437 Salisbury Hwy, Parafield Gardens  
Tuesdays and Fridays

1 East Parkway, Lightsview  
Wednesdays

209 The Golden Way, Golden Grove  
Wednesdays

#### Cost:

Initial fee: \$55 for a full initial  
assessment and program set up

Cost per session: \$9.50.

A discount 10 Class Pass costs \$85.50  
(ten classes for the price of nine).

Medicare and private health fund  
rebates are available.

Helping Hand is a partner of  
COTA SA's Strength for Life  
Program.

Designed for everyone aged  
50 and over, or 40 and over  
for Aboriginal and Torres  
Strait Islanders, the gentle  
strength program is proven to  
improve balance and walking  
endurance, with participants  
progressing regularly under  
the supervision of fitness  
professionals.

At Helping Hand, the  
program is run by Exercise  
Physiologists who develop  
an individualised and tailored  
program that targets your  
goals and needs.

Contact our Healthcare  
Services team to find out  
more about joining Strength  
for Life.

Phone: 1300 444 663

Email: [mcsclientsupport@helpinghand.org.au](mailto:mcsclientsupport@helpinghand.org.au)

[www.helpinghand.org.au](http://www.helpinghand.org.au)



**Helping Hand**  
*new aged care*