



Fit & Well Packages

Fit & Well packages have been designed to **keep you fit** longer. Tailored specifically to promote your **flexibility**, mobility and **strength** this healthy living program will help maintain your **independence**.

Within the **privacy of your home** we can assess your fitness, mobility and nutritional needs. Our program will tailor an appropriate package of Physiotherapy, **gentle exercise** and **nutritional advice** for all your needs. Our expert and friendly healthcare workers will assist you to complete what is a **fun** and highly **rewarding** program with significant lifestyle benefits.

Benefits

Fit & Well Packages allow you the wellbeing to enjoy independent living longer. The benefits are:

- Tailored packages to individual needs
- Greater quality of life through increased flexibility, strength, mobility and nutrition advice
- Program is delivered in the comfort and safety of your home
- Convenience of fast, flexible service when you need it

Cost

From \$74 to \$138 per week depending on packaged service selection *

* All prices Ex. GST

Availability

You can enquire about our Fit & Well Packages seven days a week, including public holidays. Our Occupational Therapists and Physiotherapists are available Monday – Friday, while our care workers provide service seven days a week.

Fit & Well Packages are available across the Fleurieu region, as well as the Adelaide Hills and Adelaide Metropolitan area.

Eligibility

Fit & Well Packages are available to anyone who would like to improve their flexibility, fitness and strength within the privacy of their own home.

Referral

Focus Healthcare has a range of health and care services that can be tailored to meet your individual needs please do not hesitate to contact us to speak with a healthcare consultant on 1300 363 262 or visit www.focushealthcare.net.au