



TAMARA PRIVATE **Hydrotherapy**

45 minute hydrotherapy exercise group.

Includes:

- Supervision by experienced physiotherapists
- Individualised water-based exercise program tailored to your exercise goals
- Fun, social environment

Hydrotherapy enables people to participate in exercise with reduced pain and dysfunction.

Benefits:

- Reduces load bearing on joints
- Reduces muscle aches and tightness
- Increased muscle strength
- Improved cardiovascular fitness
- Improved balance and reduces falls risk

To enquire and book in call Allied Health Reception on 67645 676.

ramsayhealthplus.com.au