



Are you the age of 65 and above? Did you have at least one fall in the last 12 months?

Come and join our 6 weeks Falls & Balance program at St John of God Berwick Hospital.

This program includes one hour of exercise and 30 min of Occupational Therapy education session, twice a week for 6 weeks.

For more information, contact us on 8784 5644 or BW.OutpatientRehab@sjog.org.au

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ST JOHN OF GOD
Berwick Hospital