

CONNECT & MOVE!



EVERY 2ND WEDNESDAY 3-5PM HAMILTON

A 'drop in' group program fostering safety, belonging, and low-barrier, social engagement whilst gaining fitness & health

- Physical Endurance
- Emotional Regulation
- Self Confidence
- Motivation & Engagement
- Gross Motor
- Social Skills
- Routine & Responsibility
- Motor Planning
- Attention & Concentration
- Goal Setting
- Resilience
- Relationship Building

FACILITATORS

NICK - Exercise Physiologist;

AALIYAH - Physiotherapist

LACHLAN - Allied Health Assistant.

DETAILS

WHEN: Fortnightly on Wednesday's - 3:00PM-5:00PM

PARTICIPANTS: ALL ages.

LOCATION: Hamilton Multidisciplinary (MD) Clinic
Hudson Street.

