

PORT AUGUSTA CITY COUNCIL

HEALTH FOCUS



The Health Focus program in Port Augusta offers a range of services and programs to assist older adults to maintain their social connections and physical, mental, spiritual and emotional independence.

Entry to all programs is by referral through My Aged Care Phone 1800 200 422 or visit www.myagedcare.gov.au. Please contact us for support with this process if required.

Let's Keep Active

The "Let's Keep Active Group Program" offers the following:

- Mental stimulation
- Physical stimulation
- Focus on wellness and reablement
- Information on health issues
- Chair-based gentle exercises
- A place to meet old friends & make new ones
- Community outings

Friday Group

This is a special program which provides an opportunity for people requiring higher levels of support to be involved in activities which are stimulating both mentally and physically.

Men's Social Afternoon (over 65's)

Enjoy a social afternoon with men over 65, a great way to have a few laughs and form some great friendships.

Health Focus 'Bizzi Bodies'

Easy moves for Active Ageing exercises for over 65's.
A low impact exercise program to maintain fitness and flexibility.

Situated at Central Oval, Augusta Terrace

Walking Group

Join the walking group to get your fitness and steps up!

Contact Health Focus for starting point as this changes weekly.

CALL TO BOOK A SESSION...

Health Focus - Port Augusta

71 Stokes Terrace

Port Augusta SA 5700

Phone: (08) 8641 9191

Email: healthfocus@portaugusta.sa.gov.au



Let's Keep Active

When: Tuesday and Wednesday

Time: 10:30 AM – 2:30 PM

Cost: Session including 2 course meal
\$12.00 Transport not included in fee

Friday Group

When: Friday

Time: 10:30 AM – 2:00 PM

Cost: Session \$12.00 / Transport is not included in fee



Men's Social Afternoon (over 65's)

When: Thursday

Time: 12:30 PM – 3:00 PM

Cost: Session includes Afternoon Tea
\$5.00. Transport not included in fee

Health Focus 'Bizzi Bodies'

When: Thursday

Time: 9:30 AM – 10:30 AM

Cost: \$5.00 per session

Walking Group

When: Wednesday

Time: 8:30AM - 9.30AM

Cost: \$2.00 per person

**SITE VISITS ARE
WELCOME
CALL TODAY!!**