



THE  
HOBART  
CLINIC

*Excellence in Mental Health*



# Wise and Well

**Wise and Well is a group program designed for the over 60s with a focus on how to engage fully in life as you age. The group provides a place to share experiences, gain support and knowledge, learn skills to cope better and develop a social network.**

**Intended outcomes of the program are:**

- A focus on maintaining health and fitness
- Managing anxiety and depression
- Education about assessing and managing memory problems

This program is flexible in nature and can be joined at any time.

**Where:**

Eastern Shore  
31 Chipmans Road, Rokeby

**When:**

Thursdays  
10:00am - 1:00pm

Includes morning tea

**How much does it cost?**

Costs may be covered by your private health fund. You may incur an out-of-pocket expense.

**How to join:**

Please discuss with your GP who can provide a referral to us.

For further information call  
6247 9960 or email  
[info@thehobartclinic.com.au](mailto:info@thehobartclinic.com.au).

**GP referral and private health insurance is required.**

**City:** nipaluna country, Level 1, 175 Collins Street, Hobart  
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