



THE
HOBART
CLINIC

Excellence in Mental Health

Young at Heart

Young at Heart is an ongoing group program for clients over the age of 60 years which focuses on improving mental and physical wellbeing. The program is facilitated by a clinical psychologist and includes guest speakers and music, art/craft, exercise and self-care sessions.

Program Provides:

- Connection and social interaction with others
- An opportunity to learn and practice skills for improving physical and mental wellbeing
- Information about planning ahead and meeting your needs
- Looking after your mind and body

Program requirements:

- Identified difficulties with anxiety, depression or another mental health condition
- Willing and able to commit to attending and participating in the program

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

Program details:

Where: Eastern Shore Clinic
31 Chipmans Road, Rokeby

When: Tuesday
9.30am - 2.30pm

Morning tea and lunch included

How much does it cost?

Costs are usually covered by your private health fund. In some circumstances you may incur an out-of-pocket expense. Administration staff can review your private health arrangement and inform you if this is the case.

How to join:

If you are interested in attending, please discuss this with your treating doctor who can provide a referral. More information can be provided by the MindHub staff.

For registration and further information contact call 6247 9960 or info@thehobartclinic.com.au GP referral and private health insurance is required.

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