

MIND HUB

COURSES & PROGRAMS

WISE AND WELL

Eastern Shore Clinic

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.

Program provides:

- A focus on maintaining health and fitness
- Managing Anxiety and Depression
- Education about assessing and managing memory problems
- Adapting to change
- Improving sleep

Program details:

- Location: Eastern Shore Clinic, 31 Chipmans Rd, Rokeby
- Days & times: Fridays 10.00am – 2.00pm

How to join:

If you're interested in attending, you will need to discuss this with your treating doctor who can provide a referral. More information can be provided by The Hobart Clinic program staff.

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.

For registration and further information please call 6247 9960 or email: info@thehobartclinic.com.au

GP referral and private health insurance is required.

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