



Timetable
Goolwa Community Hub

PHYSICAL HEALTH

**Stronger
Today**

Individualised exercise
in a group setting to help
you manage your health

WELLNESS

**Respite
Group**

High-quality short-term
care that caters for each
client's individual needs



Goolwa Community Hub

1 Wildman Street, Goolwa 0820

P 8946 1824

E goolwa.hws@southerncrosscare.com.au

SouthernCrossCare.com.au



Southern Cross Care (SA, NT & VIC) Inc.
ARBN 129 895 905, South Australia, liability limited
Health & Wellness Timetable - Goolwa_March2023

**Better
for life®**

**Better
for life®**



MONDAY	Class
9.00	Stronger Today
10.00	Stronger Today
11.00	Stronger Today
1.00	Stronger Today

TUESDAY	Class
9.00	Stronger Today
11.30	Respite Group

WEDNESDAY	Class
10.00	Stronger Today
11.00	Stronger Today

THURSDAY	Class
11.30	Respite Group
1.00	Stronger Today

FRIDAY	Class
9.00	Stronger Today
10.00	Stronger Today
11.00	Stronger Today
1.00	Stronger Today

Ask our staff about private health insurance rebates and how to lower your out of pocket expenses.

To book a class, call 8946 1824