



Stronger Today

An exercise class focussed on building muscle strength by using state-of-the-art resistance equipment. Perfect for those who want to get strong and stay strong!

“ I became more mentally prepared for the caring role ”
Previous program participant.



The Pines
Health & Wellness Centre
336 Marion Road
North Plympton, SA 5037

8179 6825
pines.hws@southerncrosscare.com.au

SouthernCrossCare.com.au

**Better
for life®**

Southern Cross Care (SA, NT & VIC) Inc, ARBN 129 895 905,
South Australia, liability limited | Caring for the Carer Aug 2023

 **Caring for the Carer**



**Become a healthier
and happier caregiver.**

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Six week program details

Through a partnership with the Department of Health and Aged Care, Southern Cross Care is able to offer the caregivers of clients at The Pines Cottage a **free** six week allied health and exercise program with the aim of improving the carer's health and well-being. The program includes:

- a comprehensive pre- and post-assessment
- three weeks of one-on-one sessions with our experienced allied health professionals
- three weeks of group exercise training at one of our Health & Wellness Centres

The content of your six week program will be based on your goals and your assessed needs, and determined in collaboration with one of our allied health professionals.

Caring for the Carer

Caring for a loved one with complex needs and declining cognitive health can have a significant impact on your own health. Southern Cross Care understands the importance of caring and that engagement in better health pathways can have a raft of benefits for the carer.

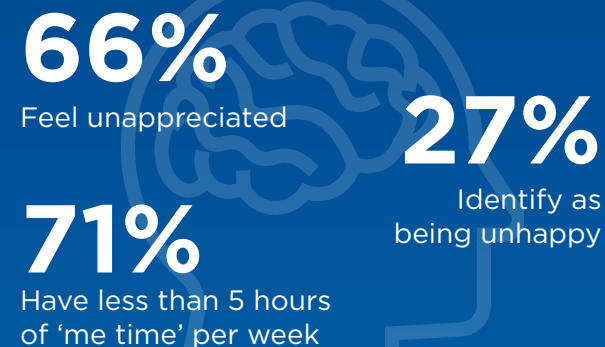
The Caring for the Carer program includes fun and social group exercise classes, such as Southern Cross Care's flagship class Stronger Today, which can lower stress levels and help you build strength to meet the demands of a caring role.

Carers need to look after their own health so they can give the best care. We can help.

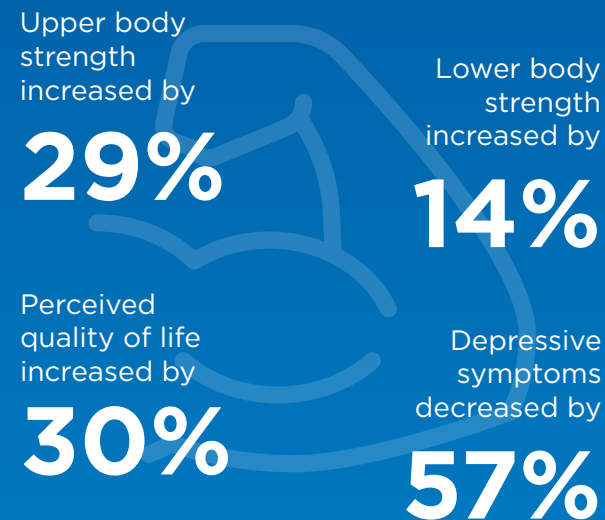
Talk with our friendly staff at The Pines Health & Wellness Centre, call 8179 6825 or email pines.hws@southerncrosscare.com.au



Caring is recognised as having a number of physical, mental and social impacts. Exercise can be an effective countermeasure of those who care for their loved ones.



Stronger today class participants noticed that



All statistics taken from The Philip Kennedy Centre Health & Wellness Centre Caring for the Carer program.