

Balance and Mobility Groups



Where: Healthy Futures Hub, 2/151 East Road, Seaford VIC 3198

Cost: Free

Parking: Free and close to the building entrance

Format: Group exercise classes, led by Physiotherapy students supervised by qualified Physiotherapists.

Duration: 60 minutes

What to bring: A drink bottle, a small towel

Who can attend:

People who want to attend a community-based exercise program to improve their balance, mobility, and confidence in daily activities.

To get involved or find out more, contact:

alliedhealthclinics@monash.edu or 9904 4415



Why you are invited

You are invited to take part in this program because you may benefit from improving balance, mobility, confidence, and everyday functional skills. This program is tailored for adults with physical or intellectual disabilities, and for adults aged 65+ who want support to stay active, safe, and independent.

What does this program involve?

The Balance & Mobility program is a community-based exercise program delivered in small groups. If you choose to take part, you will be assessed by a trained physiotherapy student and their supervising physiotherapist to understand your strengths, challenges, and goals.

You will then attend regular exercise sessions to improve balance, mobility, strength, and confidence. Activities will be tailored to your needs, and you will have opportunities to practice everyday movements in a safe and supportive environment.

You may also receive advice about staying active, goal-setting support, and strategies to help you continue exercising outside sessions.

Possible benefits

While we cannot guarantee individual outcomes, many participants find improvements in strength, balance, confidence, and their ability to move safely in daily life. You may also enjoy social connections and support from the group.

Possible risks

Exercises will be supervised and adapted for safety. We do not anticipate significant risks.

Do I have to take part?

Participation is voluntary. You may stop attending the program at any time.

If you choose to participate

A member of the team will contact you to arrange an initial assessment and discuss your goals as well as answer any questions.

