

# Ageing Well Student-led Clinics

Offering **free programs** to support your movement and independence, designed around your goals and delivered at the **Healthy Futures Hub, Belvedere Reserve, Seaford**

## Balance and Mobility Groups



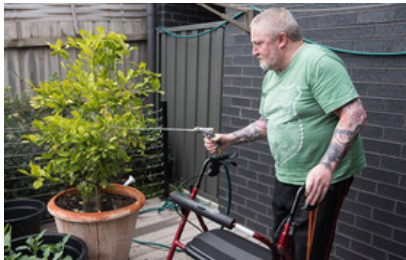
## Floor Rise Program



## Functional Fitness Testing Program



## Maintaining Independence at Home



## Pulmonary Maintenance



**Balance and Mobility Group:** A small-group exercise program suitable for adults of all ages. Sessions include a range of strength, endurance, and balance exercises to support safe movement and everyday mobility.

**Functional Fitness Testing:** A one-to-one session involving six simple, validated physical tests that measure everyday functional abilities. This session includes personalised feedback and recommendations to support health, activity levels, and independence.

**Floor Rise Program:** A small-group program focused on learning safe, step-by-step strategies to get down to and up from the floor. Sessions include graded practice, strengthening exercises, and balance training.

**Maintaining Independence at Home program:** A fun and practical, community-based program for people aged 50+ who want to explore everyday strategies to support independence at home in a social and supportive environment.

**Pulmonary Maintenance:** A small-group exercise program held once per week. Sessions focus on general fitness, muscle strength, everyday physical activities, and education to support ongoing participation in daily life.



**For more information email or call**  
[alliedhealthclinics@monash.edu](mailto:alliedhealthclinics@monash.edu) | 9904 4415

**Research project MUHREC Approval # 45189**