

MT ST VINCENT NURSING HOME & THERAPY CENTRE

GYM. HYDROTHERAPY. FOOT CARE.



"If exercise could be packed into a pill, it would be the single most widely prescribed and beneficial medicine in the nation." ~ R. Butler

Mon – Fri 9.30am-4pm.
APPOINTMENTS PREFERRED.
CLOSED WEEKENDS AND PUBLIC
HOLIDAYS.

75 South Road, Ulverstone
@ the Therapy Centre
6425 6668

**A place for older adults
to improve their health
and wellness.**

- ✓ Exercise in a supportive, social environment with other older adults or one-on-one with our Exercise Physiologist
- ✓ Improve balance, strength and mobility for everyday tasks
- ✓ Manage and prevent chronic health conditions such as arthritis, diabetes & mental health conditions
- ✓ Conditioning pre/post surgery to improve outcomes
- ✓ Manage weight
- ✓ Transport may be available if required



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& THERAPY CENTRE**

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