



Better Bones Group Exercise Classes

First Light Healthcare is excited to welcome a new Allied Health offering – Better Bones an Osteoporosis Group exercise class with our Exercise Physiologist, Bonny Riddle.

Our Better Bones group classes are an evidence-based exercise program designed to strengthen bone and muscle, specifically for individuals with low bone density, such as those with osteopenia and osteoporosis, making them more susceptible to fractures.

Participants will attend small group supervised exercise classes (max. 6 people) with our accredited Exercise Physiologists, twice a week to undertake an evidence-based exercise program designed to increase bone density.

A referral to our Exercise Physiologist, Bonny Riddle, is required from your GP and a copy of your last Bone Density Scan for an initial consultation to allow an introduction to the exercise in a one-on-one setting prior to group classes.

Those with conditions with increased risk of low bone density are also encouraged to attend:

- Malabsorptive disease (e.g. Coeliac, Crohn's)
- Overactive thyroid or para thyroid
- Rheumatoid arthritis
- Early menopause/low testosterone
- Chronic kidney disease or liver disease
- Diabetes

For any further enquiries or to book, please call First Light Healthcare Ballina on (02) 66856326



Bonny Riddle

*Exercise
Physiologist*

While Bonny understands the serious role of exercise in overall well-being at all stages of life, she also believes exercise should be fun and engaging. She dedicates her time to ensuring an individualised approach to each person's needs, recognizing that this is crucial in fostering a sustainable exercise journey rather than just a temporary solution. Having personally undergone rehabilitation, Bonny understands the challenges and triumphs that come with recovery, shaping her empathetic and patient-centred approach.

Initial Assessment	40min	\$110.00	(Can be claimed through EPC or PH)
Group Class*	60min	\$ 25.00	(Can be claimed on PH – not EPC)

* Pricing per class

