



FIRST LIGHT

Healthcare



Strength and Mobility Group Classes

First Light Healthcare is pleased to offer Strength & Mobility Group Classes with our Exercise Physiologist, Bonny Riddle.

Our Strength and Mobility group class is an evidence-based group falls prevention and physical activity program specifically designed for older adults aged 65+.

Participants will attend classes twice a week for a one-hour session, focusing on reducing their risk of falls.

An initial one-on-one consultation with Bonny Riddle is required before joining the group classes to introduce the exercises. A rebate for this assessment may be available under an EPC referral, which can be obtained through your GP if you are eligible.

For any further enquiries or to book, please call First Light Healthcare Ballina on (02) 6685 6326.

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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	30min	\$98.00	(Can be claimed through EPC or PH)
Group Class*	60min	\$ 20.00	(Can be claimed on PH – not EPC)

* Pricing per class