

HYDROTHERAPY FOR MUSLIM WOMEN!

MUSLIM WOMEN'S WEEKLY

HYDROTHERAPY CLASSES

SATURDAY'S 11:30am-12:30

(Also **individual Hydrotherapy** before class and **Small Group Swimming Lessons** after the class)

Run by **MALEHA NEWAZ**, Australia's only
**FEMALE MUSLIM PHYSIOTHERAPIST &
HYDROTHERAPIST**

Held at private indoor heated hydrotherapy pool at POOL BLOCK C,
Mt Gravatt WEST Special School, 49 Nursery Rd, Holland Park
(same road as Holland Park Mosque)

LET THE UNLOADING EFFECTS OF 32 -34 DEGREE WARM
WATER RELIEVE YOUR ACHES, PAIN AND TIGHTNESS, WITH
SUPERVISED EXERCISES PRESCRIBED FOR BACK, HIP, AND
KNEE PAIN... WITH THE LATEST IN HYDRO-PILATES...AND
AQUATIC PHYSIOTHERAPY EXERCISES

BOOKINGS ESSENTIAL AS PLACES ARE STRICTLY LIMITED PER
SESSION

6 MONTHS CLASS PASS ENSURES A PLACE WITH FIRST
BOOKINGS... Only \$200 for 6 calendar months of unlimited
classes! (includes pool entry fee)

Or

Single casual class pass \$25
(includes pool entry fee of \$5)

Individual 1:1 Hydrotherapy

Hydrotherapy Treatments and Exercise Programs

also available after the class

SWIMMING LESSONS

for Muslim Women

Available after the class - (12:30-1pm or 1-1:30pm,
max 3 in a group) from \$20 per person per session -
please register your interest...

*Private Health Fund rebates available (Item # 555) after
completion of casual pass or completion of 6 month membership
with manual receipt posted in to your health fund*

*PHYSIO PLUS accepts MEDICARE EPC Rebate only with correct
paperwork from GP - must attend clinic for at least initial
assessment, medical screening and program planning PRIOR to
attending first hydrotherapy session - this may also use one EPC
session. ALL Medicare EPC rebate only patients are required to
SWIPE their MEDICARE CARD ON THE DAY OF SESSION, or else pay
the rebate only fee at the pool and take their receipt back to a
Medicare Office to claim back their rebate.*

*Direct Billing for all Workcover and DVA patients with correct
paperwork from GP and acceptance of claim - these patients are
required to sign for their attendance on the day.*

*For 1:1 Individual sessions - Use your PRIVATE HEALTH INSURANCE
or MEDICARE EPC Physiotherapy sessions provided by your GP's
accepted MEDICARE EPC plan*

BOOKINGS VIA PHYSIO PLUS CLINIC on PH 07- 3219 3700