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 PRIVALE 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

© MALEHA NEWAZ (daughter of Late Imam Rahimullah), B. Phty (HONS), PG Cert Hydro, PG Cert Spinal Manual Therapu. PHYSIOTHERAPIST, HYDROTHERAPIST, PILATES INSTRUCTOR, MYOTHERAPIST