



About Southern Cross Care

Established as a not-for-profit in 1968, Southern Cross Care (SA, NT & VIC) Inc has been providing quality services to members of our community for more than 50 years.

We believe that every person has the right to experience a good quality of life. Regardless of your age, location, economic situation, cultural background or health challenges, you should be supported to live a full and purposeful life.

We believe that no matter where you come from, life can always be better, and we have dedicated ourselves to supporting our community to be Better for life.

Our qualified and professional Health & Wellness Team provides Telehealth services to people across SA, helping them to live healthier, more active lives from the comfort of their own homes.

Client feedback

“[Seen] improvement in my fitness [levels] and strength”
Female, 70

“It’s great, I have been sticking to it!”
Male, 78

“I think its excellent, [I] have even convinced a couple of my friends to join.”
Female, 72

How to get involved

To register your interest for the Better for life in Country SA Program, please call our friendly Health & Wellness team from Monday to Friday on (08) 8179 6825

southerncrosscare.com.au

Southern Cross Care (SA, NT & VIC) Inc
ARBN 129 895 905, South Australia, limited liability
Better for life in Country SA August 2022

**Better
for life**[®]



**Better for life
in Country SA**



**Improve your health &
fitness from the comfort
of your own home.**

Funded by

phn
COUNTRY SA

An Australian Government Initiative

**Better
for life**[®]





The Better for life in Country SA program has been specifically designed for older Australians who live in Country SA and are looking to improve their health and fitness!

This exciting new program is open to all Australians aged 65 years and older and Aboriginal or Torres Strait Islanders 50 years and older living in regional SA.

Brought to you by Southern Cross Care and the Country SA PHN this program offers a great opportunity for you and your loved ones to improve your health and fitness from the comfort of your own home.

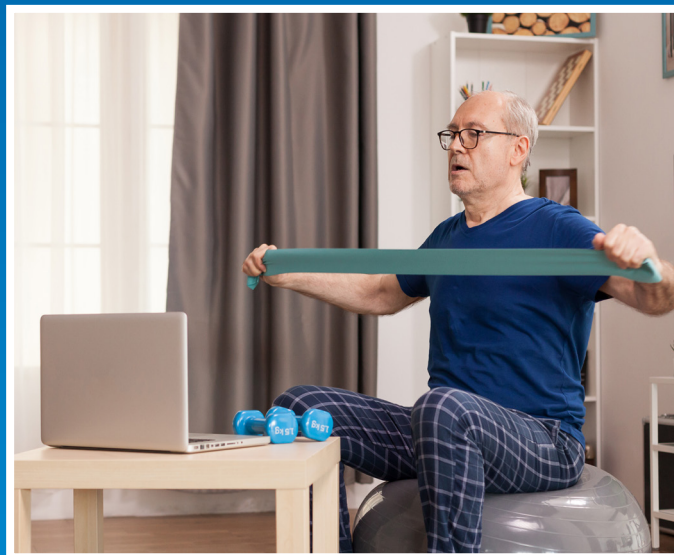
About the program

Following an initial eligibility review and health assessment, program participants take part in a 12-week program of personalised online exercise delivered twice per week.

The one-on-one and small group sessions are run by our qualified exercise physiologist and aim to improve participants' strength, fitness, balance and general wellbeing.

All sessions are delivered online in a 'telehealth' format. Participants join the sessions using a desktop computer, laptop or tablet device and enjoy the live and interactive sessions over the internet.

Thanks to the support of the Country SA PHN, the telehealth sessions are delivered at no cost to participants. The only cost is a small \$30 contribution towards the exercise equipment pack (valued at more than \$80) that is posted to the participants home.



**Exercise equipment pack
(yours to keep) includes;**



**A Theratube
with handles**



**Dumbbells
(3kg for men
and 2kg for
women)**



**Ankle/wrist
weights**