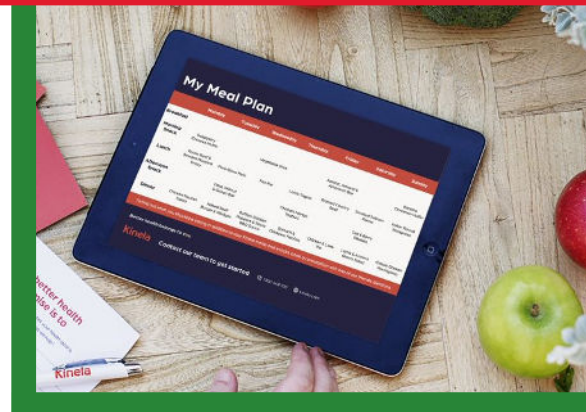




Better Health

Movement and Nutrition Therapy

CPA, in collaboration with Kinela, have developed an innovative new 10-week program to help you with your health and wellbeing goals. The Better Health program is evidence based and outcome driven.



The program is delivered by CPA's ESSA Accredited Exercise Physiologists (AEP) and Kinela's Accredited Practising Dietitians (APD). All clinicians are experts in supporting people living with disabilities.

Using a multi-discipline approach, the program is tailored to each participant's individual goals to enable them to achieve their best outcomes!

Program outcomes:

- Achieve your healthy weight range
- Receive a personalised exercise routine that is easy to maintain
- Establish healthier habits for eating & exercising

Register your interest

Call us on **1300 888 378** or send an email to Ask@cerebralpalsy.org.au.



Better Health Program

This 10 week program is available to clients aged 7 and above. Delivered both in person and online, the AEP sessions will be delivered in CPA's state of the art, fully accessible gym facilities*, while the ADP sessions will be delivered online via Telepractice.

The program includes the following:

- Goal setting and assessment session with both an AEP and APD
- Weekly exercise & health coaching sessions with an experienced AEP
- Weekly consultation with an expert APD
- Final review session to progress and outcomes achieved



NDIS funded

All of our programs can be funded through the NDIS, privately, or through a combination of these options. The total cost of the program is \$5,053.72, based on 20 weekly sessions of 60 mins each. This may change depending on the sessions you need to tailor the program to your needs.



Register your interest, contact us today

- 📞 Call us on **1300 888 378**
- ✉ Email us at **ask@cerebralpalsy.org.au**
- 🌐 Visit **cerebralpalsy.org.au**

*AEP sessions can take place online if requested.

