

Healthy Moves 4 Healthy Kids & Teens

Physiotherapy helping children and teens (5-14 years) to be more active

Services are provided in 5-week blocks and include:

- An initial assessment and summary report
- Weekly activity sessions
- A home activity program

Sessions focus on fun and engaging activities, helping children & teens to build the physical skills, fitness, strength, balance & coordination they need to be successful in physical activity. Sessions are for 5–14-year-olds.

Services are provided by final year physiotherapy students under the supervision of a registered physiotherapist.

Cost: \$10 - \$20 per session

UniSA Health has a range of health services for children and teens at our clinics including doctors, Podiatry, Occupational Therapy, Psychology, and Speech Pathology.

Health Moves 4 Kids & Teens located at:

UniSA Health Clinic City West
City West campus, North Terrace, Adelaide
Telephone: (08) 8302 0986
Fax: (08) 8302 7888
Email: citywesthealth@unisa.edu.au

UniSA Health Clinic Elizabeth
26A Mark Road, Elizabeth South
Telephone: (08) 8302 3600
Fax: (08) 6149 0696
Email: elizabethhealthclinic@unisa.edu.au

For more information please visit unisamedical.com.au



University of
South Australia

UniSA
Health
Clinic