



An Australian Government Initiative

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Ozcare Allied Health Group Program - Yoga

Group programs provide education and activities which aim to promote self management and positive outcomes for clients and their families.

Yoga - One hour per week for 6 weeks. Balance, flexibility and strength training.

How much does it cost?

Costs are nominal and are dependent on eligibility, type of service provided and access to the various funded programs.

Suitable for

Frail aged Younger people with a disability (over 18 years) People with a chronic illness or at risk of developing a chronic illness Carers War Veterans People eligible for Medicare-funded programs People with private medical insurance

Target Groups

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Services Provided

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Tagged [community yoga](#), [community activity](#), [yoga](#)

Categorised under [Community Services](#), [Seniors & Ageing](#), [Sports & Recreation](#)

Criteria & referrals

Referrals may be received from any person, their carer, health professional, hospitals and other service providers. Please phone 5569 6200 for dates, venues and times.

Gold Coast Primary Health Network would like to acknowledge the traditional custodians of the Gold Coast and surrounding areas, the Yugambah, Yuggera and Bundjalung peoples.

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