



Kalmunda PDC Health Hub

Exercise Physiology services

- Group Classes
- One-on-One Exercise Physiology consults



Chloe


Accredited Exercise Physiologist

Please note, you will need to attend a 1-on-1 consultation before booking into group classes. During this consultation, we will develop an exercise program tailored to your needs and/or health conditions to elicit the greatest benefits from exercise!

We treat and can support a variety of conditions, including:

- Type 1 Diabetes
- Type 2 Diabetes
- Pre-diabetes
- Osteoporosis
- Osteoarthritis
- Heart health
- Cancer
- Mental health
- Falls prevention
- Women's health

Patients can see an Exercise Physiologist by utilising a Chronic Disease Management Plan (up to 5 visits), a Type 2 Diabetes Group Management Plan (9 visits), via private health insurance rebates, Veteran Cards, NDIS funding or privately.

 (08) 6110 0570

 www.pdchealthhub.com.au

