

Wise Wellness Day Program

Who: The Wise Wellness Day program is designed specifically for older adults (65 or above) who are experiencing a wide variety of mental health issues.

Content: The day program aims to provide ongoing support to people who are experiencing mental illness later in life. This is offered within a context of understanding the interactions between the psychological, physiological and social effects of the ageing process. The program provides meaningful social contact, intellectual and physical activity to assist patients on their journey of recovery.

The program is facilitated by a multidisciplinary team, including social workers, occupational therapists, psychologists and a senior psychiatric registrar.

The day is divided into three parts, including warm up and creative activities or functional movement, support therapy and psycho-education.

When: Tuesdays and Fridays throughout the year as a full day program.

Please contact the Day Program intake office or a member of the Northpark Therapy team for more information and to make a booking.

9468 0177 or email **Northpark.dayprogram@healthscope.com.au**

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