

The **DVA Difference Veteran Active Program** is specifically designed for Veterans, to keep you active, mobile, pain free and healthy.

It combines a multi-disciplinary approach looking at movement, flexibility, diet and exercise and foot care. It is designed to achieve long lasting results in clients and has already delivered outstanding results!

The program includes sessions with;

- ✓ Exercise Physiologist
- ✓ Dietitian
- ✓ Physiotherapist
- ✓ Podiatrist
- ✓ Psychologist (optional)



Southwest *Wellness* Centre

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Program Designed & Developed By
Difference Health Group

Difference Health Group

Difference Difference Difference Difference
Physiotherapy Dietetics Podiatry Personal Training Studio
Difference Difference Difference
Exercise Physiology Psychology Massage Therapy



*Free
Program*

*Be Active
Be Healthy
Live Well*

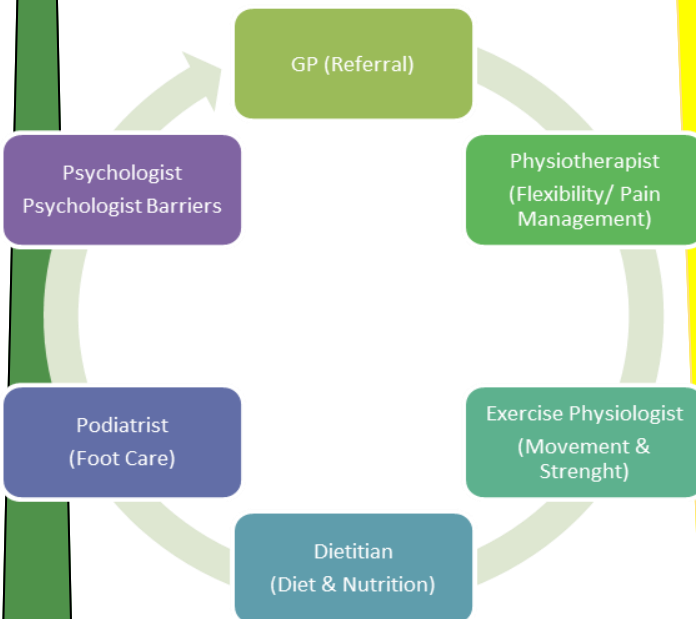
The Difference Veteran's Active Program

The Difference Veteran's Active Program has been designed to help Veterans with keeping active and enjoying an active pain free life.

We believe a holistic and multi-disciplinary approach to healthcare, and our program includes a focus on flexibility, strength, movement diet and foot care and psychological barriers.

Program Content

Our Veteran's Active Program includes one on one sessions with a physiotherapist, exercise physiologist, dietitian and podiatrist. It also includes free access to our gym & group classes



The Benefits of the Program

The benefit of the program is it combines a range of practitioners all working together to help you achieve your goal.

- Our Physiotherapist will assist with injury prevention, pain management and flexibility
- Our Dietitian and Exercise Physiologist will keep you on track with both diet and exercise, essential for your results
- Our podiatrist will provide general foot care, plus advice on footwear and orthotics if necessary to help keep you on your feet.
- Our Psychologist will help you through stress, anxiety, depression and any psychological factors inhibiting your success. Working on the mind is extremely important.
- We provide free access to our fitness studio to allow you more time to exercise to achieve your results.
- We provide you with free access to our fun and social group classes



Our Facility

The program is run out of Southwest Wellness Centre, which means clients receive treatment in the same location. In addition practitioners can work together to ensure the client is getting the best care.

The centre facilities include a 250sqm exercise studio, podiatry clinic for assistance with foot care, private, shower/bathroom, fully equipped physiotherapy clinic, remedial massage, ducted air conditioning and much more.



How to Get Started

We recommend that you contact us for your FREE 15 Min Consult. We can determine your eligibility and talk to you about what is needed from your GP. Call us on 02 4647 1134

To be eligible for the Difference Veterans Active Program you will need a referral from your GP and be eligible for treatment services under Department of Veteran Affairs. Private options for the program are also available if you are not eligible.