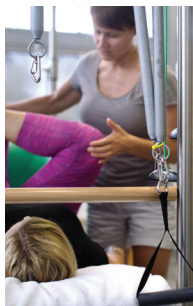




# Recovery Station

## Empowering Individuals to Live a Quality Life

Disability, Aged Care & Rehabilitation



### Allied Health Services

- › Occupational Therapy
- › Physiotherapy
- › Speech Pathology
- › Dietetics
- › Mental Health
- › Clinical Pilates

If you want help with specific issues that impact your day-to-day living then we can help by creating individualised therapy tailored to you.

**Providers for NDIS, Aged Care, Private Health Insurance, Medicare and iCare.**

## Ph: 1300 588 851

[www.recoverystation.com.au](http://www.recoverystation.com.au)

Home and clinic visits available

**HUNTER - SYDNEY - CENTRAL COAST**

## Our team of allied health professionals can help you achieve the best health possible



- › Remain independent and at home longer
- › Gain access to specialised equipment and home modifications to improve your function
- › Build fitness, overcome injury or reduce risk of falls
- › Enhance communication and determine the life you want
- › Improve nutrition and wellbeing
- › Remain on the road or drive for the first time
- › Engage in your community and workplace
- › Individual therapy, groups and classes
- › Benefit from a multidisciplinary approach

**Call us today to discover how you can improve your:**

- ✔ health
- ✔ independence
- ✔ safety
- ✔ fitness