

WEEK SIX

Education Topic: Where to from here?

NeuroHAB Repeat	Privates – EPC Plan
<p>6wk repeat</p> <ul style="list-style-type: none"> • Fee reduced • Finding foundational movements challenging <p>3wk Repeat</p> <ul style="list-style-type: none"> • Finding circuit and building capacity challenging 	<p>Additional 5 Private consults</p> <ul style="list-style-type: none"> • If you don't have private health an <i>EPC (Enhanced Primary Care Plan)</i> will cover some of the cost <p>There is a gap fee for this appointment of \$35</p>
NeuroMOVE	Independent
<p>Next progression with capacity building</p> <ul style="list-style-type: none"> • Assists with the transition into your home/local gym training • Learn new skills and use additional equipment 	<p>Feel confident with applying all the movements</p> <p>Have a plan to continue after the program</p> <p>Stay motivated and diligent</p>

**We will send you the required information based on the recommendations by the therapists.*

NeuroMOVE Timetable:

Monday: 3pm – 3:45pm
Tuesday: 7:30 – 8:15am
Wednesday: 3pm – 3:45pm
Thursday: 1:30pm – 2:15pm
Friday: 7:30am – 8:15pm **and** 11am – 11:45am

Homework- Continue as per usual from the previous week

Activity- Think about your plan after the program finishes

Congratulations you have made it to the final week

Move well. Move often.

