



MEAD PHYSIO GROUP
LINKED HEALTH CARE
Physio | Exercise Therapy | Massage



EXERCISE RIGHT & REHAB
+ PILATES STUDIO



HELP CONTROL YOUR **TYPE 2 DIABETES** WITH EXERCISE THERAPY

ABOUT TYPE 2 DIABETES

Type 2 Diabetes (T2D) is a common condition where your body doesn't use or produce insulin effectively. It typically develops over time and is often linked to physical inactivity and poor diet.

Managing blood sugar is essential for those with T2D, as prolonged high blood sugar levels can lead to serious health complications. T2D is a chronic condition that requires a team of qualified health professionals to ensure you get the best care possible.

HOW WE CAN HELP

Exercise plays a vital role in managing T2D and at Exercise Right & Rehab Studio (ERRS), our university-trained Exercise Physiology (EP) team create safe, effective programs tailored to your needs. These expert-led programs are designed to keep you active, healthy and confident in your journey.

We offer flexible options, including individual sessions and group classes available throughout the week. Group exercise therapy provides an affordable, supportive and motivating environment to help you stay engaged and active. Our programs cater to all fitness levels, allowing you to progress at your own pace.

When you join ERRS, you'll become part of a caring and inclusive community where exercise is both enjoyable and empowering.

**STRONGER
AS ONE!**

HOW TO GET INVOLVED

To get started, you can self-refer or discuss a referral with your doctor. Before starting the program, you'll need to book and pay for an initial assessment with one of our qualified therapists to assess your fitness levels and goals, which will help tailor your plan. This assessment may be subsidised under a Medicare Care Plan.

The subsequent classes can be funded privately, or you can check with your health fund for potential rebates. Please contact our admin team for current pricing and class schedules.

Once referred, we'll guide you through the rest of the process!

**VISIT OUR WEBSITE
TO FIND OUT MORE!**



Mead Physio Group

Shop 1/13 Mead Street, Kalamunda WA
08 9293 1800 | kalamunda@meadphysiogroup.com.au

Exercise Right & Rehab

Shop 3/14 Mead Street, Kalamunda WA
08 6500 1555 | errs@meadphysiogroup.com.au

www.meadphysiogroup.com.au