



Brain Injury SA.

Embrace life after brain injury

# Expressions of Interest Balance Group 2024



## Where:

Brain Injury SA Southern Hub  
15 Alexander Kelly Drive  
Noarlunga SA

## When:

Starting in 2024  
Times and dates TBC

## To Register:

Call **08 8217 7600**, scan the QR code below, or email [info@braininjurysa.org.au](mailto:info@braininjurysa.org.au) for more information or to register your interest.



Registration is essential.

**Our Balance Group will help you work towards improving your balance and mobility and help you to reduce your risks of having a fall.**

Based at our Southern Hub, The Balance Group is designed in a group format that will work towards improving static and dynamic balance, improving mobility and aims to reduce your falls risk – plus facilitate social interaction with group-based exercises and activities.

The key outcomes of the group that we will work towards, across an 8-week period, will include:

- Increasing your awareness and knowledge of balance systems
- Help you increase your knowledge on reducing your risk of falls
- Improving balance during different activities
- Stepping strategies to use when losing balance
- How to train your various balance systems (Yes, there is more than one!)

## More information?

For more information on what services Brain Injury SA can offer, please contact us:

Telephone  
**08 8217 7600**

Country callers  
**1300 733 049**

Email [info@braininjurysa.org.au](mailto:info@braininjurysa.org.au)

[www.braininjurysa.org.au](http://www.braininjurysa.org.au)