

Young at Heart Group Program

Providing resources, education and clinical support to enhance your ability to change the way you think, feel and behave

Who is the program for?

If you are over 50; experiencing adjustment difficulties, anxiety, depression or memory loss and would like to improve your daily functioning, this program would be beneficial for you.

Program content

- Memory training
- Diet for a healthy brain
- Social activities
- Dance
- Tai Chi
- Education sessions
- Relaxation
- Mindfulness
- Brain gym

Further information

For information on this program please contact Townsville Private Clinic Day Programs:

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F 07 4431 1666

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About the program

The Young at Heart Group Program is an eight week day program. It is designed for older people who may be experiencing adjustment difficulties, depression, anxiety or early signs of memory loss and cognitive changes. Patients attend the program one day per week and focus on age-related issues including brain training exercises, creating a healthy balanced lifestyle through mental and physical activities, healthy eating and social activities.

When is it held?

The Young at Heart Group Program is held once weekly from 9:00am to 2:30pm, for eight weeks. The program runs continually and patients are able to join at any time. Morning tea and lunch is provided.

How to join

If you are interested in attending the Young at Heart Group Program, you will need to discuss this with your treating Psychiatrist who will assess your suitability and if appropriate, provide a referral.

How much does it cost?

You will be admitted as a day patient and as such, can claim the cost via your health fund. All funds have different rules. Please check with Townsville Private Clinic Day Programs staff, who will advise of any applicable out-of-pocket excess or gap costs that you will incur.

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