

# Hip or knee problems?

## Join the NEW Hip and Knee Hydro Pool Group!

- Reduce pain/aches
- Gain strength
- Ease joints
- Improve flexibility
- Improve fitness
- Professional advice and support

**When:** Early 2019

**Where:** Hydrotherapy Pool  
Ballan District Health & Care  
164 Inglis Street, Ballan



**Register your interest**  
Please call (03) 5366 7907