



THE
HOBART
CLINIC
Excellence in Mental Health

Young at Heart

Young at Heart is an ongoing group program for clients over the age of 60 years which focuses on improving mental and physical wellbeing. The program is facilitated by a clinical psychologist and includes guest speakers and music, art/craft, exercise and self-care sessions.

Intended outcomes of the program are:

- Connection and social interaction with others
- An opportunity to learn and practice skills for improving physical and mental wellbeing
- Information about planning ahead and meeting your needs
- Looking after your mind and body

Where:

Eastern Shore
31 Chipmans Road, Rokeby

When:

Tuesdays
10:00am - 3:00pm

Morning tea and lunch included

Program requirements:

- Identified difficulties with anxiety, depression or other mental health condition
- Willing and able to commit to attending and participating in the program

How much does it cost?

Costs may be covered by your private health fund. You may incur an out-of-pocket expense.

How to join:

Please discuss with your GP who can provide a referral to us.

For further information call
6247 9960 or email
info@thehobartclinic.com.au.

GP referral and private health insurance is required.

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