

<b>Exercise Groups</b>	<b>ADDRESS/SUBURB</b>	<b>TEL</b>
<b>Public (incl. Movement Disorder Clinics)</b>		
Kingston Centre Movement Disorder Clinic – Monash Health	Warrigal Rd, <b>Cheltenham</b> 3192	9265 1411
Rosebud Rehab Hospital – Peninsula Health	288 Eastbourne Rd, <b>Rosebud</b> 3939	5986 3344
Eastern Health Movement Disorders Program, Wantirna Hospital	251 Mountain Hwy, <b>Wantirna</b> 3152	9955 1229
Vincentcare Wellbeing Centre – contact Michelle Biggs	2-6 Albert St, <b>Blackburn</b>	9878 1051
Eltham Day Therapy Centre (exercise and treatment sessions) St Vincent’s Care Services Eltham	43 Diamond Street <b>Eltham</b> 3095	9430 1615

### **Private – physiotherapy clinics with exercise groups**

The Neurological Rehabilitation Group	Level 3, Suite 8 205-211, Forster Road <b>Mt Waverley</b> 1 Hawtin Street <b>Templestowe</b>	9803 7755 <a href="mailto:physio@neurorehab.com.au">physio@neurorehab.com.au</a>
Steps Neurological Therapy Services PD exercise group (Hughesdale only)	Rooms: <b>Hughesdale/Blackburn South/ Mornington</b> Home visits	95685611 / 0439572042
Geelong Private Hospital (Outpatient programme)	Level 2, Suite 6 73 Little Ryrie St <b>Geelong</b> , 3220	5226 1812
ST John of God, Nepean Rehab Hospital (LSVT Big)	255-265 Cranbourne Rd, <b>Frankston</b> , 3199	9788 3333
Epworth Camberwell (LSVT Big)	888 Toorak Rd <b>Camberwell</b> 3124	9805 4178
Cabrini Health Elsternwick Rehabilitation Service (Inpatient and Outpatient programme) Speech Pathology- LSVT (outpatient only)	494 Glenhuntly Rd, <b>Elsternwick</b> 3185	9508 5200
Donvale Rehabilitation Hospital (Parkinson’s programme, incorporating PD Warrior)	1119 Doncaster Rd Donvale	9841 1277

### **Private Exercise Physiologists (EP)/Personal Trainers (PT)**

Health in Balance (EP)	368A Hawthorn Rd, Caulfield Sth	9523 5100
Bernie Bostock (PT)	Woodend	0409 152 326
Deanna Niceski (EP) Core Foundations	Level 1, 18-20 The Concourse Beaumaris	03 9589 1015

---

## PD Warrior – groups in Victoria

Brunswick Hospital	82 Moreland Rd, Brunswick	9385 1105
Donvale Rehab Hospital	1119 Doncaster Rd, Donvale	9841 1277
Transform Physio	Karringal Neighbour Centre	1300 797 556
	103 Ashleigh Ave, Frankston VIC 3199 (Friday morning) <a href="#">PD Warrior</a>	1300 904 907

---