

## ABSOLUTE BALANCE

DELIVERS THE BELOW SERVICES  
OUT OF  
**1 PRESTON ST,  
COMO**



**A**t Absolute Balance our Como Clinic provides a unique environment allowing for you to train one on one with no interruptions.

**T**his makes Como Clinic the ideal environment for clients new to begin gym-based exercise programmes. These programmes are individualised to help a wide variety of people achieve their exercise goals.

### Absolute Balance - Como Clinic caters for a variety of clients including:

1) Chronic disease management plans (CDM): These services can be accessed through General Practitioners and are FREE!

2) Injury management: We can assist clients with chronic injuries and/or conditions improve range of movement, stability and strength allowing for full return to function.

3) Reaching Your Fitness Goals: Already active but want to further improve your overall fitness? The Como clinic also caters for private clients.

4) Functional Fitness: Como also runs some group exercise classes targeted towards different groups.

Contact Absolute Balance directly at:  
[info@absolutebalance.com.au](mailto:info@absolutebalance.com.au) OR  
(08) 9244 5580

Some private health care rebates apply for these services.

### Working with you towards better health

Absolute Balance thanks you for your ongoing support and trusts this new location allows improved outcomes at a lesser cost.

### Referrals

Absolute Balance has a user-friendly e-referral system on our website: [absolutebalance.com.au](http://absolutebalance.com.au) OR email [info@absolutebalance.com.au](mailto:info@absolutebalance.com.au) for a referral template.

