

MOVEMENT MEDICINE

Specialists in Exercise, Diet and Health Education



We offer individual exercise and dietary advice, educational workshops, an exercise studio, quit smoking program, walking groups, motivational support and weight loss guidance all in the one place!

Experience the motivating personalised support of our friendly team who will guide and mentor you to achieving good health and personal fulfillment.

We offer services for people who want to improve their general health and wellbeing, as well as specialised services for people with health concerns such as diabetes, cardiovascular conditions, weight problems, injuries and much more.



Make an Appointment

Phone: 4227 5622

Fax: 4227 6122

Email: admin@movementmedicine.com.au

Mail: PO Box 270 Wollongong NSW 2520

Opening Hours

6:30am to 6:30pm

Mon-Fri and Saturday mornings

Find Us

Suite 4, 132 Keira St Wollongong

www.movementmedicine.com.au

Rebates

Medicare, DVA and Health Fund Rebates are all available.