

stress & depression



Stress is all around us and has become a part of our every day life, but over time its effects can become taxing – both mentally and physically.

Extended periods of stress can cause destructive changes in the body, such as depression and a suppressed immune system.

So if you're feeling stressed out, it's time to get some relief.

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oxigen**health**

oxigen**health** coordinates a self-paced 8 week program to encourage healthy lifestyle modifications, focusing on activity level and nutritional guidance.

Based on your own individual capabilities our accredited exercise physiologists and trainers will offer you all the support and motivation you need to improve your health and wellbeing.

Rebates are available through Medicare and private health funds.



Medicare

For more information call **4367 6433**.

bring in this flyer and receive a
**complimentary
consultation**

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