

OUR ST IVES CENTRE:



Balance and More
192c Mona Vale Rd
St Ives, NSW 2075

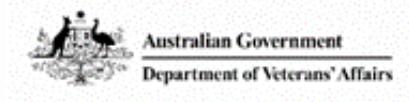
CONTACT US:

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✉️ balanceandmore@knc.org.au

🌐 www.knc.org.au

HEALTH FUNDS & GOVERNMENT FUNDED PROGRAMS ACCEPTED:



'PACE' Program



CONTACT US FOR A FREE
CONSULTATION



BALANCE AND MORE
K N C C A R E

A COMMUNITY WELLNESS
CENTRE



ABOUT US:

Balance and More is a community wellness centre established by KNC Care, a trusted not-for-profit organisation since 1979. Our goal is to deliver the right care, at the right time.

Our centres feature **state-of-the-art, senior-friendly equipment** and **personalised wellness plans** tailored to your individual goals.

SERVICES WE OFFER:



Physiotherapy

Pain relief | Ultrasound therapy
Orthopedic/cardiovascular rehab
Gait and posture evaluation
Balance assessment



Rehabilitation & Wellness

Pre and post surgery rehab
Stroke rehab | Meditation & Yoga
Group exercises | Stepping On



Falls Prevention

Balance training | Strength training
Customised 1:1 programs
Aged care rehabilitation



Other services

Community nursing | Lymphedema
Social work | Advocacy
Occupational therapy

OUR CENTRES:

At Balance and More, we're more than just clinical services.

Our dedicated team works to support your mobility, health, and emotional well-being, helping people stay independent, connected, and thriving through integrated and holistic care.

