

Integrative Health & Movement Coach Mobile NDIS Therapy

Now Accepting New Clients Fitness, pain, mobility & functional capacity NDIS Core Supports and Capacity Building

Supports may assist with

- ✓ Health & fitness goals
- ✓ Health & fitness goals
- ✓ Pain management & physical comfort
- ✓ Mobility & functional capacity
- ✓ Muscle tension & stiffness
- ✓ Safer movement & transfers
- ✓ Recovery from physical strain or injury
- ✓ Nervous system support & wellness

Treatment Approach

- ✓ Fitness & Health Treatment Plans
- ✓ Fitness & Health Treatment Plans
- ✓ Clinical assessment
- ✓ Fitness training & stretching
- ✓ Exercise therapy
- ✓ Manual therapy & massage
- ✓ Restorative practices
- ✓ Acupuncture therapy
- ✓ Mobile — delivered in your home

NDIS Support

Delivered under NDIS Core Supports and Capacity Building for plan-managed and self-managed participants. Sessions support goals around fitness, wellness, health & wellbeing, mobility, independence, and daily activity, and can be integrated alongside existing supports and care teams.

***Mobile service across Northern Rivers
(Murwillumbah, Tweed, Byron, etc)
Now Accepting New Clients***


Integrative Health & Movement Coach & Chinese Medicine Practitioner

AHPRA Registered | Qualified Personal Trainer | Martial Arts & Sports Coach

Luke is an AHPRA registered Chinese Medicine practitioner and Integrative Health & Movement Coach, combining personal training, manual therapy, and Chinese Medicine to support health, mobility, and wellbeing. He brings additional experience as a support worker and holds a current NDIS Worker Screening Check.



Call or text Luke directly to discuss referrals or bookings

 **0494 396 052**

 **forestflowtcm@gmail.com**

 **www.forestflow.com.au**

