



**UQ Healthy Living 50+
Clinic changing lives**

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**AGED CARE
AND VILLAGE
OPERATORS
EMBRACING
ACTIVE LIVING**

**COVID-19 SPECIAL EDITION - EXERCISE
AND NUTRITION MATTER IN IMMUNITY**

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They say that the world will never be the same after the COVID-19 pandemic. It will affect everything, our family life, way of working and businesses. There will be a lot of implications to the aged care industry and its residents. During this isolation period, it is essential to remember that after 3-5 weeks of bedrest, almost half of the normal strength of a muscle is lost. Many of our vulnerable senior citizens are going to be weaker and less mobile. There will be a huge demand for exercise especially for those who cannot train during the lockdown. Progressive resistance training is the best intervention to slow or reverse sarcopenia.

Some of our aged care facility customers have managed to keep their gyms open for the residents who need it most, doing strength exercises in small groups even though these gyms had to be closed to community clients during the lockdown. There are also allied health gyms in the community that have kept their doors open for one-on-one training proving an opportunity to older adults to keep fit.

The benefits of exercise during and after COVID-19 are more valuable than ever. Strength exercise in conjunction with a healthy, protein rich diet, boosts your immune system in addition to keeping you mobile. If possible, the older adults should go ahead with a physically active lifestyle and regular strength training, for keeping fit and boosting the immune system. With this in mind, HUR Australia has implemented a seminar that focuses on exercising during these tough times. The speakers are leading Australian professionals in the area, see page 4.

This is also why HUR Australia implemented the HUR Alternative Home Exercise Program together with our Australian partners and published it worldwide. You can download the exercise program free of charge from our web-site, huraustralia.com.au/training.

The Aged care industry has been hit hard and change is inevitable. The Royal Commission into Aged Care quality and safety is still ongoing and has pointed out the flaws and wrongdoing of some operators. It is unsure how the funding will be shared for the sector in the future. COVID-19 adds to this burden.

I hope there is a silver lining here as well. This is our chance to make changes for a better care model. Funding needs to be changed from supporting illness to re-enablement and preventive care where exercise is the key. It is the easiest and most natural way to keep our senior citizens healthy and living the long life they deserve.

I hope you enjoy reading this newsletter. Most of the stories are from our customers and how they run their wellness centres in normal situation. We are all wishing that the return to normal will happen sooner rather than later. However, the new normal may not be defined in the same way it was before.

Stay well & stay safe,

Ari Kallinen, Managing Director, HUR Australia Pty Ltd

AT YOUR SERVICE



Dorothy holds a Master's degree in Shipbuilding and Ocean Engineering from Gdansk University of Technology. She gained a diverse work experience in Europe in different management positions in numerous development projects over the years. Her competences include managing multidisciplinary teams, project management and processes management with customers around the globe. After moving to Australia in 2010 her career path changed, and she served as a consultant and researcher in a locally based company helping corporate and private customers to obtain government grants, subsidies and loans. Dorothy joined HUR Australia in 2017 and her current position is Customer Service and Logistics Manager. She takes care of all logistics involved in the process of ordering, delivering and installing HUR equipment for our customers, as well as post-delivery maintenance and service. Dorothy lives with her husband Matt and two children on the Gold Coast.



TRANSFORMING LIVES FOR OVER 50s

Keeping the community healthy, active, independent and connected in later life.

The first of its kind in Brisbane, **UQ Healthy Living** offers over 50s a fresh approach to healthy ageing.

“When I leave the class on a Monday and Friday morning, I feel like I could conquer the world. I see exercise as an absolute priority in my life,” said regular client **Jeanne Belson.**

“Mentally it’s given me a lot more confidence. My life has improved tremendously,” agreed fellow attendee, **Frances Wiseman.**

The Toowong-based facility takes a combined professional approach to prevent age-related health issues. Clients access a range of services to meet their individual needs and enhance their quality of life.

Experienced clinicians, some of whom lead in the field of healthy ageing, shape the client experience. They are supported by student practitioners in an interprofessional team-based approach. Collaboratively, the team design client programs as well as deliver individual consults and group activities. This unique synergy offers the community affordable, quality care that considers physical, mental and emotional health.

“The combined professional approach of the facility means the clinic caters not just to the physical aspects of ageing, but to the emotional and social aspects as well,” said UQ Healthy Living Manager, **David da Silva.**

The clinic’s current services include dietetics, exercise and sports science, clinical exercise physiology, physiotherapy, and occupational therapy. These services are available to over 50s maintaining an active lifestyle as well as those living with chronic disease, with specialty programs offered for clients with diabetes, cardiopulmonary conditions, and those recovering from serious illness.

Regardless of fitness level, the exercise component is central to every client pathway and is part of what sets the facility apart, according to Mr da Silva. State-of-the-art strength and aerobic exercise equipment designed specifically for seniors, and proactive supervision of exercise by qualified Exercise Physiologists, ensures clients exercise safely and effectively to maximise results.

“Our clients have a fantastic opportunity to access age-appropriate exercise equipment, which can contribute to the length of time they may be able to stay living in their homes and avoid aged care,” he said.

The facility’s cutting-edge technology includes HUR

SmartZone and HUR Fitness Equipment that is suitable for all fitness levels. Clients have quickly adapted to HUR SmartZone smartcard technology to automatically apply their individual pre-assessed resistance to the network-linked machines.

“The strength equipment has a starting load of 100g and can be increased in 100g increments. If we compare that to standard pin-loaded weight resistance machines, often the lowest starting load for those machines is too heavy for some of our clients to lift.”

In addition to the physical environment, Mr da Silva says clients benefit from the sense of community at UQ Healthy Living.

“Social connections are integral to healthy ageing and we do our best to facilitate a sense of community and create opportunities for group activity.”

He says the facility’s intention to keep clients healthy, active, independent and connected remains at the forefront of all they do.

“It’s great to see clients enjoying their exercise together, learning more about their health, and forming friendships. They inspire and motivate each other to make positive changes to their lifestyle and maintain a positive attitude through life’s inevitable changes.”

COVID-19 SPECIAL EDITION

The COVID-19 pandemic is affecting all our lives; no matter where we live, no matter what we do. We do not know how long this will last, all we can do is to live in the moment the best we can. **While in isolation we should try to do look after ourselves and our loved ones, as best we can, by keeping up our health by staying active and consuming foods with good nutritional value.** This is especially important for older people and for people living with a chronic illness.

One of the key risks to our health during isolation is decreased activity level, and the associated decline of lean muscle mass and function (sarcopenia). Research has shown that in just two weeks of physical inactivity young and physically fit people will lose a significant amount of their muscle strength, leaving them as strong as someone decades older. Also, active older people who become sedentary for a couple weeks lose about 25 percent of their strength.

For older people, the loss of muscle mass is more critical as it is more likely to impact general health and quality of life.

Normal health recommendations for older adults include advice for both exercise and nutrition. **It is recommended that all older adults exercise a total of 150 minutes in a week, with a preferred 30 minutes in most days. Strength training should be done two to three times per week, with progressive resistance.**

Benefits of exercise and Physical activity during COVID-19

- Maintain Physical health
- Maintain muscle mass
- Better sleep
- Fight off infection
- Improve Mental health
- Boost immunity
- Improve metabolism
- Maintain bone health

To support build-up of muscle, **a good protein intake is recommended with a daily total minimum of 1.2 g / kg body weight,**

ideally spread evenly across three meals a day - usually 25-30 grams of protein per meal.

In the human body, proteins are the main structural components of cells and are responsible for many physiological tasks with the primary function of building and repairing cells. Therefore, **protein is vital in building and repairing muscle tissue and also assisting in the fight against any viral and bacterial infections.** Skeletal muscle makes up almost half of the protein reserves in the body.

It is therefore the combination of strength training and protein intake that can help us to stay healthy - we need protein to build muscles that then become our protein reserves - the "banks" we can withdraw from when our body needs to fight viruses and rebuild cells. **Understanding that muscles could act as an immune organ by producing acute phase protective proteins, regular strength training might be a crucial preventive action to fight against the coronavirus.**

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HUR AUSTRALIA FREE WEBINAR

Friday May 29th 2 pm – 3.30 pm AEST



COVID-19 WHAT CAN WE DO?

Muscular health



Dr. Tim Henwood
Southern Cross Care

Nutrition



Ngaire Hobbins
Accredited Dietitian, Author on Nutrition and Ageing

Home Exercises



Dr. Sharon Hetherington
My Active Attitude

Health in isolation



Bob Barnard
Centre for Physical Activity in Ageing

For further information, registration and speaker profiles, please visit huraustralia.com.au/webinars

COVID-19 SPECIAL EDITION

NORMAL RECOMMENDATIONS

- **Exercise** 150 min/week, preferable 30 min/most days
- **Strength training** 2-3x/week
- **Healthy diet** with protein intake of at least 1.2 g/kg/day

COVID-19

- **Keep up exercise and activity:** walking, gardening, home exercises
- **Maintain muscle strength** by home exercises
- **Keep up a healthy diet** with a high protein content

RETURN TO NORMAL

- **Return** to normal exercise - **progressive strength training** to rebuild muscle
- **Healthy diet** with increased protein intake

During isolation fulfilling exercise recommendations can be difficult as progressively increasing resistance in strength training is mainly done in a gym environment with equipment. **However, it is important to continue exercising at home to maintain the muscle strength gained.**

HUR Australia teamed up with "My Active Attitude" to create a home exercise plan to mimic exercises done in a gym setting. Body weight, therabands, backpacks

and milk containers filled with rice or sand can be wonderful homemade resistance equipment. You can find some of these exercises on our HUR Australia web site www.huraustralia.com.au/training

To make this journey easier, HUR Australia is presenting Webinars with guest speakers. All these webinars are open to all, you just need to register via our web site, huraustralia.com.au/webinars.

The first webinar will focus on the current isolation period. All speakers have a broad range of knowledge on the topics that are required to survive the isolation successfully; muscle health, nutrition, home exercise and the transition of health and wellness from clinic to home. We feel privileged and thankful that these people will join us in our inaugural webinar.

Isolation has many significant consequences for older people from inactivity and general sedentary behaviour to decline in mental health. To avoid this, many of our clients have come up with several solutions to support people with social connections and physical activities.



Finncare in Thornlands, Queensland has been portrayed in a number of Newspapers with their "waving window" that allows friends and family members to see their loved ones in the facility. The facility isolated itself prior to the official government restrictions. This allowed the facility to maintain a safe environment, also including gym access. **With alterations in the distancing of the equipment as well as decrease in group sizes, residents have been able to continue their daily exercises.**



Southern Cross Care has also created services to cater for the situation, with **Community & Wellness Clinics still open in Adelaide and Darwin**. With limited participants numbers and increased hygiene procedures, the facility is still functional and offering one trainer - 4 clients exercise classes in their larger gym spaces, varying group sizes (1-6) for hydrotherapy and also social activities running for small groups.



Team at Uniting in NSW and ACT started to look at ways to help clients stay healthy and active at home as soon as the Government announced that non-essential services such as the Seniors Gym would need to close. In less than a week, **the Seniors Gym team revamped their service model to include virtual exercise classes, support at home and helpful resources** offered online through media platforms.

HEALTH AND WELLBEING ARE KEY TO EVERYTHING WE DO AT RFBI

Regular exercise and physical activity is important at any age and at RFBI we recognise that doing the right exercise, building strength and remaining physically active is a vital part of our residents staying healthy and happy. Our aim for continuous improvement of our services saw the introduction last year of our first gym with equipment from HUR Australia at RFBI Benhome Masonic Village.

“Using the easy to use, specialised equipment, we are able to create programs tailored to each of our residents’ strength and ability,” said Frank Price, RFBI CEO.

Individual programs, coupled with our popular circuit training class, increases residents’ balance and strength and provide a fun, social shared experience.

The HUR equipment automatically adjusts to individual’s requirements with the use of an individual’s key card making it simple to use and adjust as progress is made. This technology also allows staff to easily see reports for each resident to show their progress and help motivate them to achieve their fitness goals. They also provide a guide to enable the team to make appropriate adjustments.

“In the second month of the gym’s operation we beat our target of residents using the equipment and visiting each week. An impressive 62% of our users are ladies and our oldest gym member is a 99 year old gentleman.”

Not only are we invested in maintaining our residents’ health, but RFBI is committed to supporting our staff with their personal health goals.

Mr Price commented, **“Health and wellbeing are key to everything we do both at work and in our daily lives.** If we are looking after ourselves it makes it easier to look after those around us, which is why we believe this program is benefitting both our residents and staff at RFBI Benhome Masonic Village.”

About RFBI:

Royal Freemasons’ Benevolent Institution (RFBI) was founded 140 years ago by a group of Masons who wanted to help people in need and this remains a key focus for the organisation. Today, RFBI is an award-winning aged care provider who supports over 2,500 older people in 22 locations across NSW and ACT.

We have implemented many innovative programs to improve the quality of life for our residents, enabling them to age with dignity in safe and caring homes. In 2019 we were delighted to have our approach and the outcomes we have achieved for our residents recognised by the leading peak body, Aged & Community Services Australia (ACSA), and be named 2019’s *National Provider of the Year*, as well as winning a number of awards for our food and dining services.



Frank Price, RFBI CEO.



Village residents using HUR Australia equipment



FINNGYM KEEPS RESIDENTS AND COMMUNITY ACTIVE

In 2006 Finlandia Village's manager at the time Ruth Baxter heard about HUR gym equipment and could see the benefits of exercise for seniors. "Finngym" was initially set for the residents of the aged care facility with the Day Respite Centre joining soon afterwards. In 2015, concurrent with the completion of the new facilities, the gym was opened to the public with currently a total of 700 - 800 visits each month.

The Finngym team consists of an exercise physiologist who assesses all the members and creates the initial programs to be supervised and assisted by the Finn care team. Usually two staff members supervise the residents' training, with one supervisor for the community members' exercise sessions. Throughout the year residents are also supported by Physiotherapy students who encourage residents to exercise.

To motivate the gym users, special events are organised, including **"NuStepping Around Australia"**. All steps taken on the NuStep recumbent cross-trainers were calculated to create a track around Australia. It took 2 years, over 20 million Nusteps and a bit over 18,000 kms to complete and at the end, everyone joined in a special 'Finnish Line' morning tea. **The project was a great success with many people, from all levels of**

fitness and ability, joining and describing many benefits such as better fitness, high levels of social interaction between residents and the community members.

The focus for in 2020 has been about strength and flexibility. After using the Nustep machines and the HUR equipment, members have been practicing some simple stretching exercises for their hamstring, calves and quadriceps. The program has encouraged new users - just recently a 91-year old asked if he could try some of the stretching exercises.

During the difficult COVID-19 times Finn gym has remained operational for residents. The facility started an early Isolation before the official state required lockdown. This has created a safe environment where residents can still train in smaller groups (maximum 5), with greater distances between equipment. This though has allowed more individual supervision. One third of the residents still attends the gym most days of the week, some even twice daily.

Finngym has demonstrated that older people do like to exercise if they feel safe and they recognise the value of exercise to keep them strong in their advanced years. Many of the most active and vibrant gym members are people



who are in the 90s. They inspire people who are younger (70s and 80s) to try their best. There are a number of residents who have had major ambulation affecting health problems who show others that really there is no reason not to exercise and keep strong.

Finn care is Australia's only aged care provider for the Australian Finnish community, based in the Queensland bayside suburb of Thornlands. Finn care operates three service arms: Finlandia Village (Residential Aged Care), Finlandia Villas (Retirement Living) and Finn care (Home and Community Care).



A STRONG GYM COMMUNITY BUILDS IN BCAC

Bankstown City Aged Care (BCAC) Wellness Centre has been helping transform the lives of residents as well as local seniors living in the local community for almost 3 years now and we have been blown away by the support and enthusiasm all of our members have shown us. As a not-for-profit aged care provider, **BCAC felt the need to support its residents and those in the local community to maintain their independence and quality of life through innovative exercise programs utilizing HUR exercise training equipment.**

At the very beginning of our journey, we consulted with some of the experts at Western Sydney University to guide the development of our Wellness Centre program. From there we have built up a supportive and enthusiastic community of like-minded seniors who all recognize the value of regular exercise training.

We have been so proud to witness some of the incredible achievements of our members over the past few years. Many of whom were initially nervous or unsure about joining up to a "normal gym". **Many who come to visit us for the first time are amazed at the sophistication**

of the equipment which is a far cry from some of the more traditional gym set ups that they may have seen in the past.

There is a real acknowledgement these days about the importance of participating in regular exercise for seniors and in particular regular strength training. This is made so much more accessible by the technology afforded to us with the installation of the HUR exercise equipment. We can view improvements in strength and muscle function, balance and cardiovascular fitness all through the HUR software so that everyone is aware of how much they have improved and are then motivated to continue.

We are proud to be staffed by Exercise Physiologists who specialise in the assessment and prescription of exercise for those with chronic or complex medical conditions as well as those who simply want to exercise in the most effective and safe manner possible for their goals and individual needs.

These individualized exercise programs have been the reason that we have continued to witness some truly incredible transformations. One of our regular members, who has been



Ben Gonano, Accredited Exercise Physiologist

using the centre since we first opened will tell you that **"the BCAC Wellness Centre has really provided me with a second home. Aside from losing over 16kg since I started here, I have gained the stamina and strength to keep up with the grandkids and that is definitely saying something"**.

We are firm believers in the transformative potential of exercise and, as the old saying goes - we don't stop playing because we get old, we get old because we stop playing.



FOR GOODWIN, HEALTH AND WELLNESS IS FRONT AND CENTRE

In 2019, Canberra's Goodwin Aged Care Services introduced HUR equipment into its health and wellness centre gym in Crace, and the positive feedback has been immense.

Goodwin's health and wellness centres are an innovation in seniors' health services, providing a network of health services under one-roof including podiatry, massage therapy, physiotherapy, and an exercise physiology.

Goodwin Exercise Physiologist, Brayden Murphy, works closely with clients in using HUR equipment and says the equipment has been excellent to work with, both for him and his clients.

'You can really tell that HUR exercise equipment has been designed with seniors in mind,' said Brayden.

'Our clients love how easy to use HUR machines are. When I work with a client to develop an exercise routine, we adjust the machines to the client's height and weight settings, save them, and then the client only needs to tap their card and the machine automatically calibrates to the settings. You don't need to adjust the seat or bend over to adjust the weights - it just does it all for them.'

'It's great, because now clients can feel comfortable in using the gym even when I'm not there, and I can feel comfortable in knowing that they're using the correct settings and not at risk of hurting themselves.'

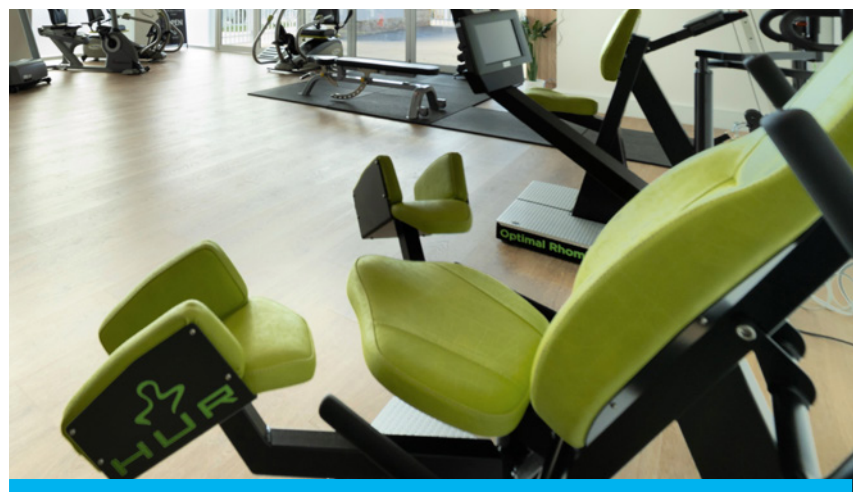
'Another thing that I love about the machines, as a trainer, is that it keeps track of how many sets and reps my clients are doing, which makes it really easy to see how everyone's progressing.'

Goodwin's health and wellness centres are all about enabling people to retain or reclaim their independence, health, and mobility so they can live better, healthier lives. That's why Goodwin chose to use HUR equipment.

By utilising equipment specifically designed for seniors, Goodwin is able to provide its clients with the best services available. Because of this, health and wellness centres have not only received great feedback, but great results.

'In just a short while, we've already seen real improvements to people's physical and mental wellbeing. When clients are physically stronger and more agile, they're more confident in other aspects of their lives too,' says Brayden.

Betty Bent, Goodwin Health and Wellness Centre client said, 'The Wellness Centre has helped me with physio and mobility.'



STRENGTH LEADS TO BETTER LIFE

- STORIES FROM USERS

ARCADIA WATERS, Maddington and Mandurah, WA

Arcadia Group is a retirement village developer from Western Australia. The managing director, Roger Kwok, aims to create villages that have a feel of community. The first Arcadia village in Maddington opened to its' first residents in 2005 with a total of five villages currently operating in Western Australia and three in Victoria.

Roger Kwok wants to lead his villages with an Active Ageing model. With convincing evidence on the benefits of exercise, he thinks that it is important to include an exercise facility in the village. **The first HUR gym, with the accompanying Helsinki program, was installed in Arcadia**

Waters, Maddington in 2016, with a second gym opening in Mandurah in 2019.

The exercise facilities have been well received by the village residents. They can **train independently and safely, while the training routines are automatically recorded and thus can be monitored and adjusted per progress.**

Roger Kwok has stated that "Mobility means Longevity". This sure is the case in Arcadia Waters facilities where the gym is filled with happy trainers, all taking great steps to quality living, even at the older age.



Hampstead Rehabilitation centre, SASCIS and PQSA, Adelaide, SA

The South Australian Spinal Cord Injury Service (SASCIS) provides specialist rehabilitation services for South Australian adults who have sustained neurological impairment due to Spinal Cord Injury (SCI). The "hub" of SASCIS is located at Hampstead Rehabilitation Centre. For over 50 years, South Australians with a spinal injury have also been supported by PQSA (**The Paraplegic and Quadriplegic Association of South Australia**), a not-for-profit community organisation.

In 2019, the two organisations worked together to create a state-of-the-art, all inclusive, gym at the Hampstead Rehabilitation centre. With the \$180,000 funds donated by PQSA, the **gym was fitted with wheelchair accessible, pneumatic and smart touch compatible HUR gym equipment allowing everyone a chance to train in a safe, yet appropriate manner, despite their level of injury.**

The gym, named after George C Dunstan AM, an Australian sports administrator and key player in the development of Paralympic sport in Australia, caters for both inpatients and outpatients, allowing for a continuity in training after the acute hospital period.

The official opening of the gym was held as part of International Spinal Cord Injury Day and the Australian Spinal Cord Injury Awareness Week in September 2019. The Minister for Health, the Hon. Stephen Wade, and the Hampstead Rehabilitation Centre team were present to officially open the George C Dunstan AM Weights and Conditioning Room.



STRENGTH LEADS TO BETTER LIFE

- STORIES FROM USERS

RAAFA Erskine Grove, Mandurah, WA

Residents have a brand-new gym at RAAFA Erskine Grove (Mandurah, WA), complete with a range of equipment specially designed for seniors' exercise, rehabilitation and wellness. The new \$110,000 facility consists of a brand-new extension, which has doubled the size of the original gym, and contains more than \$60,000 worth of specialist gym equipment.

Caroline Henning, Estate Manager, explains that for some time Erskine Grove residents have requested an extension to the gym to enable more equipment to be added, and increase the number of people who can comfortably use it.

"After we undertook a resident/committee consultation early last year, RAAFA allocated the funds and work started in early September," Chris explains.

Margaret and David East are two residents who have started using the gym frequently, and are very pleased with the new facility, which was finished at the end of last year. "I was going to a gym in Mandurah, but I have no need to now as our new gym is really convenient, and **I love the fact that I can go any time I want, whether that's in the morning, afternoon or evening,**" says Margaret.

"I have a program from the exercise physiologist that visits Erskine on Tuesday and Thursday afternoons, and I'm now spending about an hour three times a week on the program, whilst my husband goes twice a week and spends about half an hour on his program. **"We are really pleased with the facility, it's a great addition to our estate and we love that it's right on our doorstep."**



integratedliving, Newcastle, NSW

While Graeme James relies on his wheelchair, since completing an eight-week introductory program at integratedliving Australia's Wellness Centre in Newcastle, NSW, **he has increased his upper body strength by 59% and his lower body strength by an amazing 111%!** Graeme is now able to get out of his chair and walk with crutches on his good leg more easily. The HUR equipment has been instrumental to Graeme's progress, along with the dedicated integratedliving exercise physiologists and trainers who help motivate clients like Graeme and encourage them to reach their goals.

"The HUR equipment is brilliant in integratedliving's Wellness Centre. I feel stronger in every aspect and am mentally quite motivated. Other people are noticing the changes and I'm getting compliments. I feel

these changes would only have been possible with the help of the exercise physiologists at integratedliving. They make coming to the Centre enjoyable." said Graeme.

Wellness Centre Coordinator, Alicia Parker, loves the HUR equipment and the positive impact it has on integratedliving's clients.

"Our clients are so impressed by the HUR equipment in our Wellness Gyms. The ability to customise their programs via the software in the equipment makes it so easy for everyone. We can also print detailed reports after the clients use the machines that enable us to easily tailor each client's program for their own conditions and requirements and increase intensity as they reach goals. The HUR equipment enables us to keep our clients challenged and motivated," said Alicia.





JOIN US IN ACTION FOR LIFELONG STRENGTH!

Contact us for a design of your wellness center or training area and for more information about the process of starting a wellness program for older adults.

Photo Courtesy of Arcadia Group

HUR is dedicated to providing the best exercise solutions for preventive, rehabilitative and maintaining training – so that you and your customers can keep on performing miracles every day.



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