

Personalised Pre-Surgery Care

12-Week Pre-Surgical Program

Major surgery is like running a marathon. Both require training to get the best results.

At Juno Healthcare, we work with your surgeon to get you stronger and fitter for surgery.

Our 12-Week Pre-Surgical Program is designed with the following benefits in mind:

- Help improve your fitness and wellbeing to activate long-term health
- Support recovery and reduced hospital stay
- Help you manage other relevant medical or health conditions



Your 12-Week Personalised Program

We simplify specialist care. Our team of experts work together to support your needs from every angle, creating a clear and connected plan tailored to your unique healthcare journey:



Specialist
5 appointments



Exercise Physiologist
2 appointments



Dietitian
3 appointments



Pharmacist
1 appointment



Health Concierge
Weekly check-ins



Cardiologist
Bulk-billed investigations (if required)

Ready to Get Fit for Life?



Visit www.junohealthcare.com.au or scan the QR code for more information.

From there, Juno Healthcare will guide you toward the right support and next steps.

Have Questions? We're here to help.

✉ hello@junohealthcare.com.au

🌐 www.junohealthcare.com.au

🏠 10 Wheeler St, Berwick VIC 3806

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