



MPFMC

# EXERCISE PHYSIOLOGIST



## EXERCISE PHYSIOLOGIST – JASON

**Jason** is an accredited **exercise physiologist** with over 10 years of clinical experience, holding a Master's degree in Clinical Exercise Physiology from Deakin University.

He provides individualised, evidence-based exercise therapy to support:

- Musculoskeletal injury & chronic pain
- Cardiovascular & respiratory conditions
- Neurological disorders
- Metabolic conditions (such as diabetes)
- Rehabilitation & disease management

With a thorough and thoughtful assessment process, Jason considers each patient's medical history, goals, and abilities to design safe and effective treatment plans tailored to their needs. Jason strongly believes in the body's incredible ability to adapt and heal. His goal is to help patients improve strength, confidence, and quality of life through professionally prescribed exercise.

**P 03 8830 5899**



# PHYSIOTHERAPIST

## PHYSIOTHERAPIST – ANNIE

**Annie** is a caring and dedicated **Physiotherapist** who enjoys helping patients reduce pain, improve movement, and feel more confident managing their health.

She combines education, personalised exercise, movement therapy, and hands-on treatment to support each patient's individual goals.

Special Interest in:

- Neck Pain
- Back & Spinal Conditions
- Headaches
- Persistent Pain
- Musculoskeletal Conditions
- Clinical Pilates & Exercise Rehabilitation

Annie is passionate about helping patients build strength, improve function, and return to the activities they enjoy. She believes in providing practical, personalised care to support long-term health and wellbeing.

Annie speaks English, Mandarin and Cantonese

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# SPEECH PATHOLOGIST

## SPEECH PATHOLOGIST – YENA

### 안녕하세요 !

Yena is a **paediatric speech pathologist** who understands the challenges families face when supporting children's communication, especially in bilingual or multicultural settings.

Yena offers caring, child-centred therapy to help with:

- Speech sound delays & disorders
- Language delays & disorders
- Early language development
- Social communication skills
- School-aged support (literacy, narrative skills, public speaking, etc.)

With a warm and engaging approach, Yena creates a safe space where children can grow in confidence, strengthen their communication, and reach their full potential. She speaks English and Korean.

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# PSYCHOTHERAPIST

## PSYCHOTHERAPIST – YUYING

### 你好！

**Yuying** is an ACA-registered **counsellor** and clinical **hypnotherapist** who understands the emotional challenges people face at different stages of life. She provides a calm, safe, and non-judgemental space where clients feel heard, supported, and empowered.

Yuying offers caring, client-centred therapy to support:

- Anxiety & depression
- Stress and anger management
- Emotional and behavioural challenges
- Relationship, marriage & family issues
- Personal growth, confidence & coping skills
- Life transitions, work stress & self-development

With a gentle and professional approach, Yuying helps clients reconnect with their inner strengths, gain clarity, and build practical tools to face life's challenges. Her therapy focuses on healing, growth, and creating a more meaningful and balanced life.

She speaks English and Mandarin.

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# PSYCHOLOGIST



**REGISTERED PSYCHOLOGIST – EDY**

## 你好!

Edy is a **registered psychologist** who understands how hard it can be to find the right mental health support.

Edy offers caring, culturally sensitive therapy to help with:

- Trauma & PTSD
- ADHD & neurodiversity
- Anxiety, depression & mood disorders
- Confidence & self-worth
- Life & cultural adjustment

With a compassionate and direct approach, Edy creates a safe space for you to heal, build resilience, and grow. He speaks English & Mandarin.

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