

SNAPSHOT

Health and Wellness



Why Cairns!

Living in Cairns is an easy decision as our modern tropical city has all the amenities usually found in much larger cities, plus has an amazing climate and lifestyle. Health facilities in the city cater for our region, local population, visitors and also offer services to the wider Papua New Guinea and Pacific Islands region. We have both public and private hospitals and dedicated support facilities for mental health, women's issues and cancer treatment.

In addition, we have a number of well-equipped twenty-four-hour medical centres, staffed with fully qualified doctors and support staff. Some also offer day surgery facilities catering for locals and visitors alike.

Health Education - our universities and training institutions support the health industry by offering courses ranging from first aid and first responder certification through to all levels of nursing qualifications and medical degrees. Tropical medicine is an available specialisation, along with degrees in dentistry and sports medicine. Certificate and degree level training is also available for those interested in childcare and aged care options as careers.



Health and wellbeing is increasingly at the forefront of decision making in the sector, so a range of rehabilitation and specialist clinics are available throughout the region. There is an emphasis on healthy living and wellness options for all ages. Every weekday in Cairns there are free classes available for options such as yoga, Zumba and water aerobics. The Esplanade is equipped with several free standing public gym equipment stations, positioned alongside the walking and cycling paths. This is in addition to the many public and private gyms, swimming pools and other wellness facilities. Cairns offers safe, world class but affordable health care options for locals and visitors alike.

Our international and domestic airports connect us to the world. We have accommodation options for all budgets along with education options few other cities can offer.



Why Cairns? Why not? There is nothing to lose and everything to gain.
To see what Cairns has to offer, visit choose.cairns.qld.gov.au or
for doing business contact: info@tradelinked.com.au

*Photographic Credit:
Arjay Advertising, Ports North.*

Funding Partners

