



## Anna Coughlan

MClinExPhys(Rehab)\*D, BExSci(Rehab), ESSAM AEP, NSCA CSCS

**Accredited Exercise Physiologist**

**p** 02 4322 0841

**f** 02 4322 0830

**e** [anna@intouchhealth.net.au](mailto:anna@intouchhealth.net.au)

**a** Level 1, Riverside Office Tower

69 Central Coast Highway, West Gosford NSW 2250

*Optimising health, quality of life & function*



## Jessica Drysdale

BExPhys ESSAM AEP

**Accredited Exercise Physiologist**

**p** 02 4322 0841

**f** 02 4322 0830

**e** [jessica@intouchhealth.net.au](mailto:jessica@intouchhealth.net.au)

**a** Level 1, Riverside Office Tower

69 Central Coast Highway, West Gosford NSW 2250



## Lee Shires

BSc (Ex.Phys) ESSAM AEP

**Director/Accredited Exercise Physiologist**

**p** 02 4322 0841

**f** 02 4322 0830

**e** lee@intouchhealth.net.au

**a** Level 1, Riverside Office Tower

69 Central Coast Highway, West Gosford NSW 2250