

- ✓ Are you aged 55 or older, or are you an Aboriginal person aged 45 or older?
- ✓ Do you have a long-term health condition, or does your doctor say you are at risk of developing one?



Ask about the FREE Exercise Treatment Program

Individually tailored exercises



14-week program

Aims to improve activity levels and quality of life

Strength-based group exercise sessions

Individual assessments and tailored exercises

Healthy living education sessions

Supported environment – safe and non-judgmental

**Want to know more?
Talk to your doctor or allied health professional.**

See the referral form via the QR Code



Delivered by Healthy Business
1300 655 530 | etp@healthybusiness.net.au
www.exercisetreatmentprogram.com.au

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