Exercise Treatment Program

A **FREE** 14-week program to improve activity levels and quality of life for older people who have – or are at risk of – long-term health conditions.



Individually tailored exercises

Supported by Primary Health Tasmania (Tasmania PHN) under the Australian Government's Primary Health Networks Program

How it works

The Exercise Treatment Program involves weekly strength-based group exercise sessions plus advice about healthy living.

Program features

- **Free** – no cost to participants
- Individual assessments – one before you start, one when you finish
- Individually tailored classes
- Healthy living education sessions
- A supported, safe and non-judgmental environment

Is this for me?

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

If you have answered yes to these questions, this program is for you.

FIND OUT MORE

Scan the QR code to make your referral or visit the program website and learn more.

exercisetreatmentprogram.com.au

This program is delivered locally by Salveo Healthcare.

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