Individually tailored exercises



Ask about the FREE **Exercise Treatment Program**

A FREE 14-week program to improve activity levels and quality of life for Tasmanians.

- *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*

Interested to join the program?

Talk to your doctor, or visit our website and refer yourself.

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.

1300 655 530

etp@salveohealth.com.au

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