

# CLINIC PROGRAMS

## DVA: Department of Veterans' Affairs Exercise

Exercise for Veterans with a chronic condition or significant illness/injury.

## Breast Cancer Care

Online 6-week exercise program for those with a breast cancer diagnosis.

## MoveKids

Exercise for children who have challenges with social and physical development.

## Prostate Cancer Group Exercise

Specialised progressive education and exercise program for those affected by prostate cancer.

## Life Now

12-week exercise program for those with a cancer diagnosis.

## EMFL: Exercise Medicine for Life

Supervised group exercise program to improve health and well-being for a range of chronic conditions.

## Wellness

High care supervised exercise group for people who require more additional support, including diabetes and cardiac/pulmonary rehabilitation.

## Strong Bones

Resistance training and impact activities stimulate bone remodeling and improve bone mineral density.



	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	EMFL				EMFL
7:00am	EMFL	EMFL	EMFL	EMFL	EMFL
8:00am	EMFL	EMFL	EMFL	EMFL	EMFL
9:00am	DVA	EMFL	EMFL	DVA	EMFL
10:00am	DVA	Strong Bones	DVA	DVA	Wellness
11:00am	DVA	EMFL	Wellness	DVA	EMFL
12:00pm	EMFL	Wellness	EMFL	Wellness	Wellness
1:30pm	LIFE NOW	EMFL	EMFL	EMFL	LIFE NOW
2:30pm	EMFL	DVA	Wellness	EMFL	DVA
3:30pm	Prostate	EMFL		Prostate	EMFL
4:00pm		MOVEKIDS			