



Department of Veterans Affairs Exercise Program

Exercise for veterans with a chronic disease or major illness/injury

Vario Health Clinic offers private consulting, assessment, and health programs for individuals and groups. Specialist consultations are available from a range of highly qualified and Accredited Exercise Physiologists.



How To Get Started?

1. Request a 'D904 Referral Form' for Exercise Physiology at Vario Health Clinic from your doctor.
2. Book an appointment by calling 6304 3444 and speaking to one of our friendly team members.
3. Start your program alongside your fellow Veterans.



FULLY FUNDED PROGRAMS

Entitled DVA Gold and White Cards
Are Fully Funded Upon a GP Referral



CHRONIC HEALTH MANAGEMENT

Manage Chronic Pain, Arthritis,
Mental Health, Cancer and More



INJURY RECOVERY & REHAB

Build Strength, Decrease Pain,
Increase Function and More



(08) 6304 3444



variohealthclinic@ecu.edu.au



DVA Group Exercise Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
9am			9am	
10am		10am	10am	
11am			11am	
	2:30pm			2:30pm

*"I have been exercising
at Vario since 2013
and enjoy the camaraderie
of my fellow Veterans"*

Kevin Ryan
100 year old
World War Veteran

