



Cardiac Rehab Christmas Party

7.12.2022

Participants completed their regular circuit-style exercise session. After the class, the group enjoyed a Christmas style lunch which included fresh sandwiches, cheese and fruit. The lunch was held on the verandah in front of the Exercise Therapy Room..





The group discussed the events of 2022 and reflected on how challenging it had been with the recent floodwaters. They also discussed Christmas & family plans for the coming weeks.



After lunch, each participant received a Christmas "Gift Bag" which contained a selection of stone fruits and Christmas treats.



 The Christmas Party was fun and provided the group with the opportunity to sit down and enjoy the party together. 

Positive feedback was received from all the participants for both the Christmas party and for the continuation of the program. All confirmed they would be returning in 2023.

