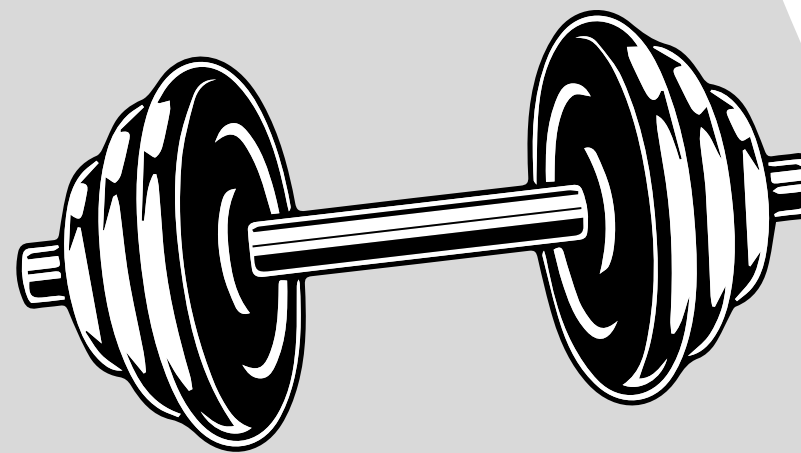


CARDIAC REHAB GROUP PROGRAM



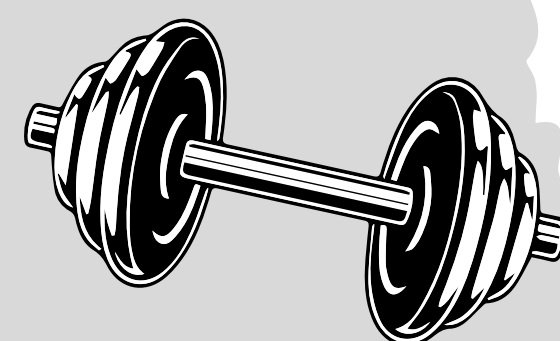
END OF YEAR CHRISTMAS PARTY 11 DECEMBER 2020

To celebrate and thank participants for another successful year of the Cardiac Rehab exercise class, Danielle Fletcher (DQDES), Annie Deane (Lifestyle modification) and Robert Martinez (Physiotherapist) arranged an end of year Christmas Party held in the CDB ETR. In attendance were 1 Aboriginal female, 2 Aboriginal males, 2 Non Aboriginal males.

Participants completed a circuit-style session with 8 x 4 minute stations including cardio and body weight exercises.

After class, the participants enjoyed a Christmas style lunch together including fresh sandwiches, cheese, and fruit. The group discussed the events of 2020 and reflected on how challenging it had been, also discussing Christmas and family plans. After lunch each participant received a Christmas “gift bag” which contained a Christmas card, a selection of stone fruits, and Christmas treats.





The session ran smoothly with no issues to report. Positive feedback was received from all of the participants for both the Christmas party that had been kindly hosted by WAMS and for continuing the program for another year. All participants confirmed they would be returning to Cardiac Rehab in 2021.

