



Weight and Strength Program (WASP)

A gentle form of weights exercise designed for people over 65 years of age.

- ◆ Suitable for all ability levels
- ◆ Trained group leaders with physiotherapy support
- ◆ Friendly social atmosphere
- ◆ Pace your own progress
- ◆ Improve strength, balance and to prevent falls
- ◆ Improve control of diabetes and depression



Where is WASP held?

Gateway Health Myrtleford
Tuesdays, Wednesdays and
Fridays: 9:30am



What do I pay?

Classes start at \$5
depending on eligibility.

Initial Physiotherapy
assessment is \$10



How do I join in?

To register
or
ask a question:

T: (03) 5723 2097

Wangaratta

45-47 Mackay Street
Wangaratta, 3677

T: (03) 5723 2000

F: (03) 5722 2313

Myrtleford

12 Smith Street
Myrtleford, 3737

T: (03) 5731 3500

F: (03) 5722 2313

Wodonga

155 High Street
Wodonga, 3690

T: (02) 6022 8888

Freecall: 1800 657 573

F: (02) 6024 5792