

# Weight and Strength Program

The Weight and Strength Program (WASP) is a gentle form of weights exercise.

WASP is suitable for all ability levels.

The program is delivered in a friendly social atmosphere by trained group leaders with physiotherapy support.

- Pace your own progress
- Improve your strength and balance
- Reduce the risk of falls
- Improve control of diabetes and depression

## When and where?

Wednesdays at Gateway Health in Myrtleford

- First session 9.30am to 10.30am
- Second session 11am to 12pm

## How much does it cost?

The cost is \$7.50 per session.

## How do I join in?

These sessions are open to everyone, but registration is essential. If you have any questions or want to register, please call Gateway Health Myrtleford on (03) 5731 3500.



### Wangaratta

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### Myrtleford

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