

Could you benefit from greater

strength

mobility

energy



Did you know that:

DVA will now pay for a personal exercise program!

Research has repeatedly demonstrated that it is easy to strengthen any person of any age with benefits to mobility, energy levels and quality of life being proven benefits.

Who is eligible for these programs?

All DVA Gold Card holders have unlimited access for up to 12 months.

White card holders with a chronic condition such as arthritis, diabetes, coronary heart disease, respiratory conditions will also have unlimited access for up to 12 months.

Where are they run?

Individual and Small Group Sessions

PACE Exercise Studios

8 Davey St
FRANKSTON
Ph 9770 6770

103 Main St (rear)
MORNINGTON
Ph 5973 6109

81-85
Cranbourne Rd
LANGWARRIN
Ph 9789 1233

40 Boneo Rd
ROSEBUD
Ph 5986 3655

73-75 Station St
MALVERN
Ph 9576 3216

RSL Strength and Mobility Group Programs

Bentleigh RSL

Waverley RSL

Rye RSL

Beaumaris RSL

Frankston RSL

Cheltenham/
Moorabin RSL

PACE Exercise Physiology

National Exercise Physiology Practice of the Year 2009



testimonials

Since I've been here I've improved immensely. I can now place my left hand above my shoulder which I could not previously. At 84 I have now learnt how to walk correctly and also after 3 nasty falls I now walk more confidently.

E.R 84yrs old

I'm a keen golfer. Since starting with PACE I've noticed that I'm: Driving the ball an extra 20-30 meters
Walking better,
Less effort bending and picking things off the ground,
Not cramping like I used to.

L.L 82yrs old

My balance has improved most and my lower back feels much better.

R.Y.

I have noticed a remarkable improvement in flexibility in my hips. Also a 'clicking' right shoulder has improved.

Thank-you

E.H.

PACE Exercise Physiology

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