

*PO Box 1337
Canning Bridge
APPLECROSS WA 6153
Telephone: 1800 011 046
Fax: 08 9364 5482*

**VVCS PERTH IS CURRENTLY SEEKING INTERESTED
PARTICIPANTS TO JOIN OUR 2008 HEART HEALTH
GROUP PROGRAM.**

Heart Health Group eligibility was recently extended to include Vietnam Veterans and Australian Veterans of all conflicts and peacekeeping operations.

The Heart Health Program (HHP) extends over 52 weeks and includes two structured physical activity sessions per week plus 15 education sessions. Each HHP program requires at least 15 veteran participants to commence.

The aim of the program is:

- To increase heart health through regular exercise.
- To establish healthy and sustainable lifestyle improvements.
- To promote social contact between veterans in the community.

Prior to enlisting in the program veterans need to complete a personal consent form and obtain medical clearance from their general practitioner.

VVCS (WA) provides a range of services which includes individual, couple and family counselling, regional and outer metropolitan Outreach Services, Veterans Line (an after hours crisis line), and a range of group programs.

**FOR FURTHER INFORMATION PLEASE CONTACT
THE VVCS PERTH GROUP PROGRAM COORDINATOR
ON 1800 011 046**