



1st Floor, 40 Third Ave
BLACKTOWN
(Ph) 9831 4287

Dear Health Professional

I am an accredited **HEART MOVES** leader with a current CPR, professional indemnity and public liability cover. I have successfully completed the specialised **HEART MOVES** training delivered by a team of health and legal professionals from the National Heart Foundation of Australia and the Health Department. Program information is available at www.heartfoundation.com.au/heartmoves or contact mail@heartmoves.com.au or 02 4952 4699.

I am currently offering a **HEART MOVES** program at the **Summit Health & Fitness Centre - GYM in Blacktown**. The program is designed to deliver:

- Very low to moderate intensity exercise program (easy, gentle and safe), which is for everyone, and
- Is safe for people with heart diseases or may have risk factors for heart diseases and diabetes.

I will be holding an introductory-information session for the public and any interested health professionals during Seniors Week at Blacktown RSL Club. The session will be held on - Monday the 14th of March 2005 between 1:30-2:30 pm. Light refreshment and Free Complementary Visit Passes to the Summit Health & Fitness Centre – GYM will be provided.

I would be pleased to work with you and receive referrals to the **HEART MOVES** program for people with special needs and help them to enjoy the **benefits of exercise**. Inturn I will provide feedback to you. Please call me direct for current class time table.

Yours Sincerely

Alma Weber
HEART MOVES Instructor (Mob: 0411 030 379)
Registered Fitness Instructor FN 2004 / 07216
Summit Health and Fitness Centre