



## FITABILITY

Supporting people with disability to make positive health and wellness choices

**Mondays & Fridays**  
**10.30am-11.30am**

**Bella Vista Oval**  
Crown Terrace  
Bella Vista

**Starts: Monday 3 September**  
**Ends: Friday 2 November**

**FREE and includes:**

Qualified Personal Trainer  
Low Intensity outdoor group training  
Health Pack with every registration  
1 x Health & Nutrition Workshop  
*(run by NDIS registered meal provider, Hit100)*

**To register:**

**E: [jcelebrin@interactionservices.org](mailto:jcelebrin@interactionservices.org)**  
**P: 1300 668 123**



### Introducing Rebecca Carey - Personal Trainer

"As a disability support worker with many years experience, I came to realise there was an increasing need for fitness programs designed specifically for the disability sector.

The opportunity to focus on helping people to reach their full potential through fitness and exercise inspired me to design a program to get participants active and moving their bodies more.

Fun games and exercises focusing on increased movement, capabilities, strength and cardiovascular endurance is the theme."

Fitability is proudly supported by...



A values based, not for profit community organisation supporting people with Prader-Willi Syndrome, and their families, since 1979