

Your Invitation to Participate

SPIRAL has been invited by TAFE Sunshine Coast to participate in the 6th annual Sunshine Coast Health and Fitness Summit to be held at their Mooloolaba Campus on Friday 4 September.

For five years TAFE and SPIRAL have worked closely together developing and delivering health and fitness programs for our Service Users in a truly inclusive environment. The "Exercise Specialists Clinics" have proved extremely successful and further clinics have been developed to incorporate other focus groups.

To date, the Summit's program has not included workshops or lectures promoting the value, benefits of, or need for physical activity/exercise programs for people with a disability. This year SPIRAL Service Users and staff will be part of a lecture, deliver a demonstration on a fitness circuit and host an information booth at the Summit on disability services available on the Sunshine Coast.

You are invited to participate either through attending the Summit or providing literature and information to be displayed at the information booth. If you would like any further information, please contact Heather Carney at heatherc@spiralinc.org.au or on 5443 1554.

Details of SPIRAL's participation are:

9.00am to 10.30am Lecture Theatre, TAFE Mooloolaba Campus
Introduction by Trish Osborne, Exercise Specialist Clinic
Fitness Coordinator, TAFE,
Testimonials SPIRAL Service Users and staff and carers

10.30am to 11.00am Morning Tea (supplied)

11.00am to 12.30pm Summit Continues – networking opportunity

12.30pm to 1.30pm Lunch (available for purchase)

1.00pm to 1.30pm SPIRAL fitness circuit demonstration

Where: TAFE Sunshine Coast, Mooloolaba Campus
34 Lady Musgrave Drive
Mountain Creek

RSVP: Kenisha McAnally 5443 1554 by Monday 24 August 2009

Full details of the Summit is available at
<http://www.sunshinecoast.tafe.qld.gov.au/site/fitness/>

With thanks to the Department of Communities for their contribution.



Queensland Government
Department of **Communities**