

# DID YOU KNOW?

**What:** Cardio-Respiratory Assessments

**Who:** Geoff Forgie - Physiotherapist

**Where:** Human Performance Centre

**When:** Monday to Friday by appointment

**Why:** To help you maintain your health!



*“Do you have a long-standing organic medical issue such as COPD? Are you Asthmatic? Do you suffer from pneumonia or chronic chest infections? Have you had a bypass surgery? Are you in the last phase of cardiac rehabilitation?”*

**We can help!**

*Not only are we experts for our muscles, joint and nerves, we are also experts in cardio-respiratory rehabilitation.*



**Book your appointment today!**

