



Health
South Eastern Sydney
Local Health District



**POW Community Health
Healthy Ageing Program
Catherine Hayes Building
Barker Street Randwick NSW 2031**



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SESLHD-AIMandWAVES@health.nsw.gov.au

Healthy Ageing Program (AIM/WAVES) Medical Clearance

The Healthy Ageing Program is a community wellness initiative of the Prince of Wales Community Health Services offering affordable exercise and healthy lifestyle programs. The programs are specifically designed for general health maintenance and chronic disease management and reduction. The programs run for 10 weeks and are water or land based light to moderate physical activity; including strength and balance exercises.

The Healthy Ageing Program considers the safety of participants to be of paramount importance. Your patient has answered 'Yes' to one or more of the pre-exercise screening questions, therefore we require GP clearance to enable us to assess if they are / are not suitable for our program.

Patient Name: _____ DOB ___/___/___

Does your patient have any pre-existing medical condition(s) that may make it unsafe for them to participate in light to moderate land or water based physical activity?

Yes No

If yes, please specify: _____

Having read the information above, I consider that this patient is fit and able to attend the Healthy Ageing Program and is unlikely to have a health related event as a consequence.

Treating doctor (please print): _____

Date: _____ Phone: _____

Please return this form to

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