

# FACIOSCAPULOHUMERAL DYSTROPHY LIFESTYLE EDUCATION & EXERCISE PROGRAM (FSHD-LEEP)



Supported by



**INTEREST & ENQUIRIES SHOULD BE DIRECTED TO**  
[FSHD.LEEP@canberra.edu.au](mailto:FSHD.LEEP@canberra.edu.au)

## The FSHD-LEEP program:

A collaboration between the University of Canberra and Capital Region Muscular Dystrophy is offering you the opportunity to become a part of a program aimed at highlighting the benefits of exercise and healthy living to people with FSHD. The 10-week program offers you:

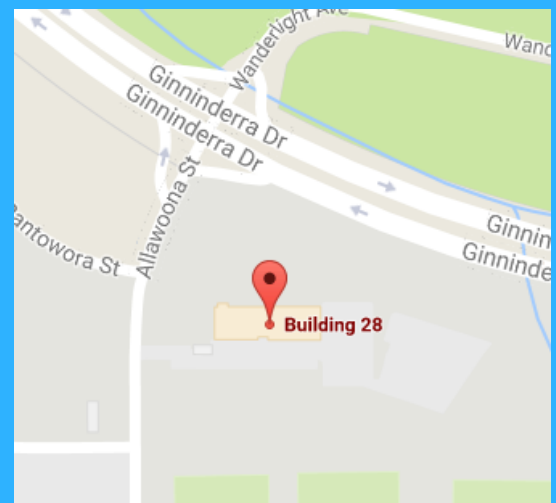
- Bi-weekly personalized exercise sessions under the safe supervision of University qualified health professionals.
- Education and Q+A sessions delivered by experienced health professionals exploring how a healthy lifestyle can positively affect everyday living.
- The opportunity to learn and share your experiences with other community members with the same condition.
- Travel assistance to and from the University of Canberra.

**When: October - December 2017**

**Cost: Free**

**Where: Faculty of Health Clinics**

**Address: University of Canberra  
Building 28, Ginninderra Dr &  
Allawoona St, Bruce ACT**



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