

# Exercise Class Meet up

WEDNESDAY 27TH SEPTEMBER



On Wednesday 27th September Trudi Penrose-Starr (above right), Rural Health Innovation Fund Coordinator with Country SA PHN, joined the Port Vincent exercise class at the Port Vincent Institute.

This was an opportunity for Trudi to meet both the exercise co-ordinator, Jo Minks (above left), and the participants who attend this class every Wednesday morning at 10:30am.

Attendees shared morning tea and socialised after the class. Attendees thanked both Country SA PHN and the Rural Health Innovation Fund for their support of this valuable community project.

Trudi's comment was "I had the absolute best day, everyone was so friendly and welcoming. It was so nice to hear from the participants and how important the classes are to them. Jo Minks, the instructor is incredible! You have a very special community and the Rural Health Innovation Fund is very proud to have been able to support you with your grant."



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