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A Message from the Clinic Director

“Domani non ci sono, Domani vado via”-
Participate in life today do not put off until tomorrow.

The second newsletter endeavors to keep you up to date with the Vario service options as they become available and hopefully inspire you to greater levels of semi-independent activity and developing social mate ship that continues throughout the coming years.

Paula and I are currently visiting the local surgeries updating the Doctors of the Vario Wellness Clinic and our service offerings. We are always pleasantly surprised when the GP’s remark on patients who express the benefits and enjoyment attending Vario sessions. When next visiting your Doctor keep up the positive feedback as this will in turn facilitate others to be referred and gain similar benefits.

As a university we are also at the forefront of research into Health & Wellbeing. Two new funded studies will shortly be seeking subjects. Daniel Galvao (Roberta’s) who will be investigating the benefits of different modes of exercise with Prostate Cancer patients. This study will link participant programs from Joondalup to Bunbury and even linked to Queensland. Mike McGuigan will be investigating the benefits of exercise modalities with overweight children. These excellent research projects provide the pathway for best-practice programs for the Vario Wellness Clinic, leading the way in Health & Wellbeing clinical services.

At the Clinic we are blessed to have so many outstanding characters on both sides of the fence. So good to have Roberta back, her smile radiates and spreads through to all those around her! Viv Alcorn and Philip Renkin reaching another great milestone in the very near future.

Congratulate Phil and Viv on being fine characters with outstanding qualities that we should all aspire. Let them know of the friendship they provide and wish them Happy Birthday.

With reflection upon these two soldiers in life, despite the many adverse curve-balls, they have never given up! Fine examples of participation, activity, interaction, exercise of mind, body and soul are their tools to stimulate human function & wellbeing in order to maintain independence.

I saw a motivational picture of a Lion chasing a Goose. Below it said: The Lion spends all day chasing the Goose for without it the Lion will starve. The Goose spends all day running away from the Lion or he will be eaten and not survive. The motto being; each morning when you arise start running!! That’s Life!

Regards Darryl



Dr Darryl Turner

Clinic Update

Living Longer Living Stronger

Roberta is back training the morning crews on Monday and Thursdays. She loves being back and the group is happy to see her smiling face each morning.



Roberta and the Monday & Thursday 7am LLS group



Dawn and Janet (back), Rosalind, Allwyne and Alice (front)

Weigh to go kids

The clinic will have a wave of youthful energy sweep through it next month as a new group of 6-12 year olds begin their journey to a healthy lifestyle.

Their program will include exercise sessions, nutrition workshops and mental skills sessions focusing on self esteem and positive thinking.

Sessions will be run by our team of exercise physiologists, dietitians and psychologists and led by Dr Michael Mcguigan who has published research in the efficacy of this program in helping to reduce body fat and improve strength in children in this age group.

Where were these services when we were growing up???

Fighting Fit Veterans

Still as raucous as ever the boys continue to liven up the clinic with their stories and jokes – never failing to shock the girls at reception with their risqué jokes.

Diabetes Program

People with diabetes will have the opportunity to start their new wellness program under the supervision of Dr Michael Newton. Tailoring the program for diabetics enables participants the opportunity to gain valuable education as well as physiological training specific to their condition. New program starts Monday 22nd September.

New Services now at Vario

It was always the vision of the Vario Wellness Clinic to ensure participants would be treated holistically.

Complete wellbeing requires adequate exercise, sound nutrition and mental wellness.

Vario can now offer complete wellness with consultations available in;

- Physiotherapy-Janine Spiby
- Dietetics- Delia Quinn (PhD)
- Dietetics-Margaret Miller (PhD)
- Psychology-Lynette Weir
- Clinical Psychology-Terry Simpson (PhD)

See our website to meet our new consultants at www.variowellness.org

For an appointment or prices please see Chrys at reception.

Veterans note:

Services for Veterans with gold or white cards are covered by the Department of Veterans’ Affairs with a doctor’s referral.

“Book a consultation with our dietitian to ensure your food intake is right for your personal lifestyle, activity level and nutritional needs”.

