

Building Strength in Our Community

REH**FIT**
CENTRE

REH**FIT**
FOUNDATION



ANNUAL REPORT

2022/23

2022/23: A Review in Numbers

The Reh-Fit Centre is a place for people who want better. It's a place for people who want or need to make lasting positive changes in their health. It's a place for people who want an improved quality of life for themselves and those around them.

The last year was our first one post-COVID, and we were grateful to gradually return to normal operations. Thanks to the philanthropic support of our community, we continued to provide the guidance and assistance that has benefited so many Manitobans for over 40 years, while innovating to deliver programming and services in completely new ways.

EDUCATION SESSIONS:



34
with over
665
participants

REGISTERED PROGRAMS:



361
(including Fitness, Small Group Training,
Education, Mind/Body, Chronic Disease
Management, Planned Giving programs)



MEMBERS:
3050



COMMUNITY MEMBERS:
1733

ACCESS:



116
people received
financial assistance



FACILITY USAGE:
204,051
visits to the Centre

CARDIAC REHAB SERVICES:



431
People

STUDENT PLACEMENTS:



11 from **3** educational institutions

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THANK YOU TO OUR DONORS,
FUNDERS, & SUPPORTERS

Mission Statements

CENTRE MISSION

The Reh-Fit Centre is a not-for profit organization with a mission to enhance the health and well-being of its members and the community by providing innovative health and fitness services through assessment, education, and exercise in a supportive environment.

CENTRE VISION

To be the leader in building community health.

CENTRE CORE VALUES

- ☆ Integrity
- ☆ Professionalism
- ☆ Evidence
- ☆ Caring
- ☆ Innovation

FOUNDATION MISSION

The Reh-Fit Foundation's purpose is to support the mission of the Reh-Fit Centre by inspiring donations and stewarding both gifts and donors, thereby enhancing the health and well-being of our community.

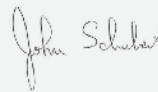
Building Strong Futures



Sue Boreskie
Chief Executive Officer
Reh-Fit Centre



John Schubert
Chair
Reh-Fit Centre Board of Directors



The end of our last fiscal year on March 31 roughly coincided with the third anniversary of the start of the global COVID-19 pandemic. It's hard to overstate how difficult those three years were for our members, our staff, and our Centre as a whole. As we look back on the challenges we faced, we take enormous pride in the way our operation faced the difficulties head on, adapting to ever-changing health restrictions.

Our staff has continued to impress with innovative efforts to serve our members in new ways. We will continue to offer a hybrid program and service delivery model, meeting with members online, on the phone, and through video calls, for example. Through the generosity of donors, we were able to make further improvements to our outdoor space, purchased new fitness equipment, and replaced flooring in part of our fitness area. All of this activity was part of our constant effort to keep the Reh-Fit Centre in top condition.

We owe a heartfelt thanks to our entire staff, who all work so tirelessly to keep the Centre humming every day and frequently become friends with our members who love to see familiar, encouraging faces at every visit. It's one more way that Reh-Fit sparkles with feelings of well-being.

While Reh-Fit is known as an innovative fitness centre, it's only in recent years that we have truly come to understand that good health means much more than just physical fitness. It also means social and mental well-being.

The pandemic showed us all in technicolour the damage that social isolation can do. Reh-Fit is a force that pushes back against social isolation. Our members frequently tell us that Reh-Fit is their home away from home. They make lifelong friends here. They visit with spouses, siblings, neighbours, and co-workers. When the pandemic disrupted those social connections, we saw the impact in real-time. People became unwell. They struggled with isolation and loneliness. They had trouble staying on top of their fitness regimen without their Reh-Fit community.

As we look forward to 2023 and beyond, we are more certain than ever of the vital role that Reh-Fit plays in Winnipeg and in Canada. We are not going to rest on our achievements. We plan to continue to change and evolve so we can offer the best possible medical fitness centre to our members and our community. You can expect to see continued emphasis on research so we can all improve our understanding of what it means to live a healthy, happy life for as many years as possible.

Thank you to all our members, program participants, donors, and staff who bring the promise of Reh-Fit to life every day. Thank you for joining us on this journey. We look forward to bringing you plans for our future growth and continued innovation.



BOARD OF DIRECTORS 2022-2023

John Schubert, *Chair*
Pat Kloepper,
FCPA, FCA, *Past Chair*
Judy Murphy,
FCPA, FCA, *Vice-Chair*
Chuck Steele,
CPA, CMA, *Treasurer*
Betty Lou Rock,
Secretary

Susan Boulter
Ian Fish
John Fox
Mike Hicks
Linda Horosko
Linda Nugent
Karen Samson
Peter Withoos

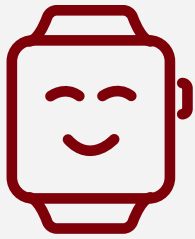
Charitable Registration Number 10765 9765 RR0001

Building Strong Bodies and Minds

Being healthy means more than just physical fitness. Reh-Fit has delivered programming for years that understands the strong connection between physical and mental health. While we are known for our excellent fitness centre offering the latest equipment and first-rate coaching, we also spend a lot of energy on ensuring our members work on their overall well-being. We help them accomplish that through nutrition counselling, physiotherapy, athletic therapy, therapeutic massage, and education sessions designed to empower our members to be as healthy as possible.

We like to say that “we meet our members where they are,” which means we recognize everyone is on their own unique path with their individual health journeys. People need encouragement and education so they can make their own beneficial lifestyle choices. That comes through when you visit the Centre and see the camaraderie between members and staff. It also comes through in our ongoing community outreach initiatives where we attempt to show as many people as we can the enormous benefits from physical, mental, and social well-being.





Exercise Is Medicine

As Canada's first certified medical fitness facility with over 40 years of experience, we believe exercise is medicine. Reh-Fit is committed to offering life-changing programs and services that help people get the most out of life.

Reh-Fit continues to be a pioneer in offering medically integrated health and fitness in Canada. Besides building strength, we work to build a sense of community and a culture where active lifestyles are the norm. We provide an accessible and supportive environment so individuals can achieve and maintain their fitness and well-being. This includes guidance from professional personnel, innovative health enhancement programs, and the integration of medical, rehabilitative, and fitness services all delivered in a clean, service-oriented environment.



Members Stay With Us

One of our greatest points of pride is our outstanding member retention rate. More than 73% of our members renewed last year because they view our Centre as an important part of their lives and lifestyles. We work hard to ensure our members return. It's common for our staff to call our members if they've missed a few days just to check in on them.



Her Heart Her Way

The Reh-Fit Centre is constantly looking at innovative ways to assist in improving community health. This year the focus was to design a heart health prevention program for women aged 30 and older who are at risk of cardiovascular disease. Her Heart Her Way is a free virtual heart health prevention program offered in partnership with Victoria Hospital Foundation and the Government of Manitoba.

This innovative program is designed to be flexible and personalized to meet the unique needs of each individual woman. Participants receive lifestyle behavioural mentoring to help them reduce stress, sleep better, increase physical activity, and eat healthier. There is an evaluation component to this program. With the help of Dr. Todd Duhamel from the University of Manitoba, Faculty of Kinesiology and Recreation Management, we will be able to determine the effects of behaviour change counselling as a means of reducing risk.

This community-led program has been integrated with electronic medical records. Its intent is to improve programming delivered while also generating better health outcomes for women.

Building Strong Partnerships

Reh-Fit is in a class by itself as Canada's original and still leading medical fitness facility. Every day, we work with private health clinics by speaking with physicians and gratefully welcoming their patients through our doors to start a new chapter in their lives. We also work with Shared Health Manitoba and the Winnipeg Regional Health Authority to improve outcomes for thousands of Manitobans.

One of the ways we do that is by hosting and taking part in important research into health and wellness. We participated in follow-up research to the 2021 seminal study on the positive effect of joining a Medical Fitness Facility. Drawing on data from more than 19,000 members and more than 500,000 non-members, the study investigated specific relationships between membership in a facility like ours and a variety of health outcomes. The early results have already shown people can expect, in general, to live longer.

We are now looking forward to seeing if there are additional beneficial impacts on mental health, kidney disease, diabetes and cardiovascular health.

We also partner with other educational institutions, from high schools to graduate schools, on a wide range of programs. It makes Reh-Fit an exciting place to be with unparalleled connections all focused on delivering healthier lifestyles to Manitobans.

Other Notable Research

- Dr. Alan Katz and his colleagues from the Manitoba Centre for Health Policy and the U of M also designed a survey using Reh-Fit to identify incidences of long-COVID.

Connecting To Primary Care Providers

Being a certified medical fitness facility means more than offering a robust understanding of exercise, nutrition, and mental well-being. It also means we're connected to our members' family doctors and medical specialists, allowing easy access to patient progress for physicians while protecting our members' privacy. Member and program participant progress is shared with their primary care providers to ensure they are aware of the headway their patients are making as they access Reh-Fit services.





REH FIT
CENTRE

STUDENT PLACEMENTS

We welcomed students from a variety of educational institutions:

- University of Manitoba
– Nursing, Kinesiology, Business
- Red River College
– Creative Communication Program
- Manitoba Institute of
Trades & Technology
– Hotel and Hospitality Services
- Manitoba Tourism Education College
– Client Specialist Program

Financial Highlights

After providing for future capital asset replacements and additions through a gift to the Manitoba Cardiac Institute (Reh-Fit) Foundation Inc., the Centre closed the year with an excess of revenue over expenses of \$16,724.

Revenue

In the year ended March 31, 2023, revenue from all sources increased from last year by \$1.3M (28.8%). Overall, revenue from membership and user fees improved by 20.7%. Revenue from programs and ancillary services also increased by 18.6%. The Centre qualified for a total of \$53,431 in federal and provincial government assistance to help offset some of the impacts of the pandemic in membership and other revenues. Thanks to the generosity of donors and to the Foundation's Board and Committees efforts, the Foundation gifted \$1,272,155 to the Centre. The Foundation's work helps the Centre maintain membership and program fees at levels which are accessible to the community at large.

Expenses

In the year ended March 31, 2023, overall expenses increased by \$1.2M (27.5%). Expenses related to programs increased relative to the increase in those revenues. In keeping with the strategic direction of maintaining the Centre at a high level of repair and refurbishment, \$800,000 was contributed to the Foundation's Building and Equipment Fund to be stewarded until those funds are required to acquire new or replacement equipment or building components. With the assistance of the Foundation, the Centre is striving to meet the \$1.5M annual target established by the Capital Asset Replacement Plan.

INDEPENDENT AUDITOR'S REPORT ON THE SUMMARY NON-CONSOLIDATED FINANCIAL STATEMENTS

To the Board of Directors of Manitoba Cardiac Institute (Reh-Fit) Inc.

Opinion

The summary non-consolidated financial statements, which comprise the summary non-consolidated statement of financial position as at March 31, 2023, and the summary non-consolidated statement of operations and changes in net assets for the year then ended, are derived from the audited nonconsolidated financial statements of Manitoba Cardiac Institute (Reh-Fit) Inc. (the "Organization") for the year ended March 31, 2023.

In our opinion, the accompanying summary non-consolidated financial statements are a fair summary of the audited non-consolidated financial statements, in accordance with the criteria disclosed in the Note.

Summary Non-Consolidated Financial Statements

The summary non-consolidated financial statements do not contain all the disclosures required by Canadian accounting standards for not-for-profit organizations. Reading the summary nonconsolidated financial statements and the auditor's report thereon, therefore, is not a substitute for reading the Organization's audited non-consolidated financial statements and the auditor's report thereon.

The Audited Non-Consolidated Financial Statements and Our Report Thereon

We expressed an unmodified audit opinion on the audited non-consolidated financial statements in our report dated June 19, 2023.

Management's Responsibility for the Summary Non-Consolidated Financial Statements

Management is responsible for the preparation of the summary non-consolidated financial statements in accordance with the criteria disclosed in the Note.

Auditor's Responsibility

Our responsibility is to express an opinion on whether the summary non-consolidated financial statements are a fair summary of the audited non-consolidated financial statements based on our procedures, which were conducted in accordance with Canadian Auditing Standard (CAS) 810, Engagements to Report on Summary Financial Statements.

BDO Canada LLP

Chartered Professional Accountants
Winnipeg, Manitoba | June 19, 2023

BDO Canada LLP, a Canadian limited liability partnership, is a member of BDO International Limited, a UK company limited by guarantee, and forms part of the international BDO network of independent member firms

NOTE TO THE SUMMARY NON-CONSOLIDATED FINANCIAL STATEMENTS

For the year ended March 31, 2023

Basis of the Summary Non-consolidated Financial Statements

Management is responsible for the preparation of the summary non-consolidated financial statements. The summary presented includes only the summary non-consolidated statement of financial position and the summary non-consolidated statement of operations and changes in net assets. It does not include any other schedules, the significant accounting policies and notes to the financial statements.

Copies of the audited non-consolidated financial statements for the year ended March 31, 2023 are available at Manitoba Cardiac Institute (Reh-Fit) Inc.

AUDIT AND RISK MANAGEMENT COMMITTEE

Gordon Webster,
FCPA, FCA, *Chair*

Gord Beazley, CPA, CA

Linda Horosko

Catherine Kloepfer,
FCPA, CGA, FCA

Irene Merie,
CPA Hon., CA Hon.

Rob Rose, CPA, CA

Dave Rubel, CPA, CA

FINANCE COMMITTEE

Chuck Steele,
CPA, CMA,
Chair and Treasurer
John Fox

Bruce Mazur
Bert Smith
Peter Withoos

Manitoba Cardiac Institute (Reh-Fit) Inc.

SUMMARY NON-CONSOLIDATED STATEMENT OF FINANCIAL POSITION

<i>As at March 31</i>	2023	2022
Assets		
Current assets	\$1,465,190	\$1,295,756
Property and equipment	5,891,219	6,136,103
	\$7,356,409	\$7,431,859
Liabilities and Net Assets		
Accounts payable and accrued liabilities	\$439,559	\$346,779
Memberships and fees paid in advance	746,054	516,247
	1,185,613	863,026
Deferred contributions	3,592,588	4,007,349
	4,778,201	4,870,375
Net Assets	2,578,208	2,561,484
	\$7,356,409	\$7,431,859

SUMMARY NON-CONSOLIDATED STATEMENT OF OPERATIONS AND CHANGES IN NET ASSETS

<i>For the year ended March 31</i>	2023	2022	% of 2023 total
Revenue			
Membership and user fees	\$2,164,117	\$1,793,634	39%
Government assistance	53,431	621,729	1%
WRHA Service Purchase Agreement funding	752,280	711,017	13%
Amortization of deferred contributions	470,907	473,375	8%
Ancillary services	310,685	281,117	6%
Programs	262,943	202,470	5%
Gift from Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.	1,272,155	163,812	23%
Other	167,447	104,641	3%
Victoria General Hospital Foundation Her Heart Her Way	152,753	-	2%
	\$5,606,718	\$4,351,795	100%
Expenses			
Compensation	\$2,354,464	\$1,997,545	42%
Amortization of property and equipment	913,126	854,092	16%
Facility and operations	727,843	542,924	13%
Administrative	423,477	369,146	8%
Ancillary services	166,571	171,185	4%
Programs	132,177	88,727	2%
Membership and marketing	72,336	51,486	1%
Gift to Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.	800,000	310,000	14%
	\$5,589,994	\$4,385,105	100%
Excess (deficiency) of revenue over expenses	16,724	(33,310)	
Net assets, beginning of year	2,561,484	2,594,794	
Net assets, end of year	\$2,578,208	\$2,561,484	

Membership & User Fees

2022-23	\$2,164,117
2021-22	\$1,793,634
2020-21	\$1,487,120
2019-20	\$2,991,067
2018-19	\$3,265,554

Ancillary Services & Program Revenue

2022-23	\$573,628
2021-22	\$483,587
2020-21	\$406,624
2019-20	\$1,353,400
2018-19	\$1,476,127

Gift to Foundation Building & Equipment Fund

2022-23	\$800,000
2021-22	\$310,000
2020-21	\$450,000
2019-20	\$250,000
2018-19	\$300,000

Building Strong Innovation

During the past three years of the COVID-19 pandemic, we have often acknowledged the heroism of nurses, doctors, and other healthcare workers. Their contributions to caring for our friends and family members were and are immeasurable, and we will never be able to fully express our gratitude. However, it's important to also recognize that we had heroes within our own Reh-Fit community, and I would like to take a moment to acknowledge them as well.

When I reflect on the role our Centre played during the pandemic, I am filled with pride. While we may not make headlines in the media, we have our own group of heroes who helped our members through that challenging time. They quietly and diligently carried out incredibly important work, one member, one class, one interaction at a time.

At Reh-Fit, we are committed to building a model medical fitness centre because we understand the significance of what we do for the thousands of Manitobans who walk through our doors each year. Our mission is to help them adopt healthier lifestyles, which often involves introducing new habits, dietary changes, exercise routines, and even new perspectives.

The results we've achieved are remarkable. Reh-Fit has transformed the lives of countless individuals, enabling them to live longer and happier lives.

We help them embrace healthier ways to live. The results speak for themselves.

We owe a special thanks to our donors who continue to recognize and appreciate the incredible transformations made possible by our Centre. Without your support, we would not have the amazing facility we have today. Your contributions inspire us to continue improving and enhancing our Centre, as we strive to be the leader in community health.

The pandemic has reminded us all not to take good health for granted. Therefore, I kindly request you to consider renewing your commitment to help us maintain our heroic impact on the quality of life within our community. We need you now more than ever to achieve our vision of building a healthier community together.



Deepak Joshi
Chair, Reh-Fit Foundation
Board of Directors

A handwritten signature in black ink, appearing to read 'Deepak Joshi'.



What's Your Legacy?

If you're looking for inspiration to give, we urge you to visit our Centre and have a look around. And if you already visit regularly, then take a moment on your next visit to pause and consider the amazing facility we have built and all the fantastic work it does.

When you give to our Foundation, you are directly enhancing the health and well-being of our community. You are helping individuals like yourself to live longer and healthier lives. You're supporting the work of our staff to reach out to members who might be struggling or stuck at home.

Have a look at all the people who come through our doors every day. Each one has friends and family members who care deeply for them. They may have co-workers who rely on them, or children and grandchildren who can learn from them.

It's quiet work, but it's incredibly impactful when you think about it.

I think that's one of the reasons we have been so successful in building and growing our planned giving program and Legacy Society.

Legacy Society members are individuals who have committed to include the Reh-Fit in their estate plans. These valuable donations are truly legacy contributions because they enable the Centre to continue to offer first class facilities while supporting ongoing research.

Legacy Society members want to make sure that the great benefit they have enjoyed personally from the Reh-Fit will continue for successive generations. These gifts are deeply moving and appreciated, as they show the great depth of affection our Legacy Members have for our Centre.

We gratefully acknowledge the individuals below who have generously remembered the Reh-Fit in their estate plans.

LEGACY SOCIETY MEMBERS

Margaret Barbour	Barb & Kent Magarrell
Susan Boulter & Myron Pawlowsky	Harold Neufeld
Barry & Lynda Brown	David G. Newman KC & Brenda Newman
Tom Dooley	Diane Pollard
Dennis Dueck (Deceased)	Gail Singer
Irene Hamilton	Jim Tokarchuk
David Holt	Neil & Joy Trenholm
Deepak Joshi	Dan Torbiak
Joanna Knowlton	K. Eleanor Wiebe



Building Strong Supporters

The Reh-Fit Foundation assists the Centre by raising funds for the following four pillars:

✓ REHABILITATION

Offering state-of-the-art medical and exercise equipment for the safest, most effective exercise to help people get better every day.

✓ PREVENTION

Providing leading-edge health and fitness programs at the Centre to help Manitobans prevent and manage chronic disease and live a healthier life.

✓ ACCESSIBILITY

Making memberships and programs accessible to the broader community.

✓ RESEARCH AND EDUCATION

Hosting research studies to advance health and wellness in our community, providing education for the growing number of people in the community who are challenged with health concerns, and hosting student placements from academic institutions to help students gain practical experience in their field of study.



Ways To Give

There are different ways to give to our Foundation. They can be one-time gifts or ongoing contributions. Gift types include:

- Tribute gifts
- Publicly traded stocks
- Life insurance
- Charitable gift in your will
- Cash
- Enduring funds
- Workplace giving
- Matching gifts

Cumulative gifts over \$10,000 are included on the major donor wall and named-room opportunities are available for donations over \$25,000.

FOUNDATION BOARD OF DIRECTORS

Deepak Joshi, *Chair*
Kevin McCulloch, *Vice-Chair*
Gary Pachal, CPA, CA *Treasurer*
Joanna Knowlton, *Secretary*
Barry Brown
Ian Fish

Kristy Krahn
Kent Magarrell
Bruce Mazur
Linda Nugent
John Schubert
Ashley Schulz, CPA
Bonnie Siemens
Neil Trenholm

FINANCE AND INVESTMENT COMMITTEE

Gary Pachal, CPA, CA, *Chair and Treasurer*
Lauren Aseltine, CPA, CMA

Vern Doerksen
Tom Dooley
Chris Medland
Ashley Schulz, CPA

HOME AWAY FROM HOME

The pandemic showed us the dangers associated with social isolation and loneliness. Our members frequently build strong, supportive circles of friends which leads to better mental health and well-being.



Foundation Financial Highlights

Overview

The Reh-Fit Foundation was created in 1999 to raise and steward funds in support of the Reh-Fit Centre by inspiring others to support the Centre in its mission to enhance the health and well-being of our community.

Results

Total revenue for the year ended March 31, 2023 was \$2.2M, which represents an increase of \$1.6M or 302% over last year. As uncertainties related to the pandemic continued on, fundraising events were not scheduled for this year. Total revenues from donations and net proceeds from the direct mail campaign increased by \$1.1M over last year. Revenue from donations included a very generous donation of \$1.2M from The Paul Albrechtsen Foundation.

Revenues also included a gift from the Centre to the Building and Equipment Fund of \$800,000, which is an increase of \$490,000 compared to the prior year. Investment income increased from last year by \$68,044. Funds under management in the Building and Equipment Fund were \$6,091,004 as at March 31, 2023.

An additional donation was received to the Mildred Lucky Educational Enhancement Fund bringing the total Endowment Funds under management to \$118,187.

The Foundation provided a gift to the Centre of \$1,272,155 during the year ended March 31, 2023. The Foundation was stewarding funds amounting to \$6,255,232 as at March 31, 2023.

INDEPENDENT AUDITOR'S REPORT ON THE SUMMARY FINANCIAL STATEMENTS

To the Board of Directors of Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.

Opinion

The summary financial statements, which comprise the summary statement of financial position as at March 31, 2023, and the summary statement of operations and changes in fund balances for the year then ended, are derived from the audited financial statements of Manitoba Cardiac Institute (Reh-Fit) Foundation Inc. (the "Foundation") for the year ended March 31, 2023.

In our opinion, the accompanying summary financial statements are a fair summary of the audited financial statements, in accordance with the criteria disclosed in the Note.

Summary Financial Statements

The summary financial statements do not contain all the disclosures required by Canadian accounting standards for not-for-profit organizations. Reading the summary financial statements and the auditor's report thereon, therefore, is not a substitute for reading the Foundation's audited financial statements and the auditor's report thereon.

The Audited Financial Statements and Our Report Thereon

We expressed an unmodified audit opinion on the audited financial statements in our report dated June 19, 2023.

Management's Responsibility for the Summary Financial Statements

Management is responsible for the preparation of the summary financial statements in accordance with the criteria disclosed in the Note.

Auditor's Responsibility

Our responsibility is to express an opinion on whether the summary financial statements are a fair summary of the audited financial statements based on our procedures, which were conducted in accordance with Canadian Auditing Standard (CAS) 810, Engagements to Report on Summary Financial Statements.

BDO Canada LLP

Chartered Professional Accountants
Winnipeg, Manitoba | June 19, 2023

BDO Canada LLP, a Canadian limited liability partnership, is a member of BDO International Limited, a UK company limited by guarantee, and forms part of the international BDO network of independent member firms.

NOTE TO THE SUMMARY FINANCIAL STATEMENTS

For the year ended March 31, 2023

Basis of Summary Financial Statements

Management is responsible for the preparation of summary financial statements. The summary presented includes only the summary statement of financial position and the summary statement of operations and changes in fund balances. It does not include any other schedules, the significant accounting policies and notes to the financial statements.

Copies of the audited financial statements for the year ended March 31, 2023 are available at Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.

FINANCE AND INVESTMENT COMMITTEE

Gary Pachal, CPA, CA
Chair & Treasurer

Lauren Aseltine, CPA, CMA

Vern Doerksen

Tom Dooley

Chris Medland

Ashley Schulz, CPA

Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.

SUMMARY STATEMENT OF FINANCIAL POSITION

<i>As at March 31</i>	General Fund	Endowment Fund	Building & Equipment Fund	2023	2022
Assets					
Current assets	\$49,487	\$121,116	\$6,090,984	\$6,261,587	\$5,373,171
Interfund balances	2,909	(2,929)	20	-	-
	\$52,396	\$118,187	\$6,091,004	\$6,261,587	\$5,373,171
Liabilities and Net Assets					
Current liabilities	\$6,355	\$-	\$-	\$6,355	\$6,066
Fund Balances					
Restricted	-	118,187	6,091,004	6,209,191	5,310,952
Unrestricted	46,041	-	-	46,041	56,153
	46,041	118,187	6,091,004	6,255,232	5,367,105
	\$52,396	\$118,187	\$6,091,004	\$6,261,587	\$5,373,171

SUMMARY STATEMENT OF OPERATIONS AND CHANGES IN FUND BALANCES

<i>For the year ended March 31</i>	General Fund	Endowment Fund	Building & Equipment Fund	2023	2022	% of 2023 total
Revenue						
Donations	\$1,269,306	\$1,500	\$ -	\$1,270,806	\$190,908	58%
Fundraising events & direct mail	8,330	-	-	8,330	12,110	0%
Gift from Manitoba Cardiac Institute (Reh-Fit) Inc.	-	-	800,000	800,000	310,000	37%
Investment income	1,206	2,474	92,385	96,065	28,021	5%
Miscellaneous income	-	-	1,880	1,880	1,179	0%
	\$1,278,842	\$3,974	\$894,265	\$2,177,081	\$542,218	100%
Expenses						
Total fundraising and administrative expenses	\$16,799	\$ -	\$ -	\$16,799	\$17,454	
Excess of revenues over expenses before gift allocation	\$1,262,043	\$3,974	\$894,265	\$2,160,282	\$524,764	
Gift to Manitoba Cardiac Institute (Reh-Fit) Inc.	1,272,155	-	-	1,272,155	163,812	
Excess (deficiency) of revenues over expenses	\$ (10,112)	\$3,974	\$894,265	\$888,127	\$360,952	
Fund balances, beginning of year	56,153	114,213	5,196,739	5,367,105	5,006,153	
Fund balances, end of year	\$46,041	\$118,187	\$6,091,004	\$6,255,232	\$5,367,105	

Donations

2022-23	\$1,270,806
2021-22	\$190,908
2020-21	\$268,096
2019-20	\$97,512
2018-19	\$115,496

Net Fundraising Events & Direct Mail Proceeds

2022-23	\$1,881
2021-22	\$7,331
2020-21	\$15,921
2019-20	\$86,903
2018-19	\$76,411

Gift From The Centre To Building & Equipment Fund

2022-23	\$800,000
2021-22	\$310,000
2020-21	\$450,000
2019-20	\$250,000
2018-19	\$300,000

Gift To The Centre

2022-23	\$1,272,155
2021-22	\$163,812
2020-21	\$265,000
2019-20	\$175,105
2018-19	\$178,660

Transforming A Life

Barry Brown started going to the Reh-Fit Centre in 1982, a year after his father suddenly passed away from a heart attack at just 59. Barry's uncles and grandfather had also passed away from heart problems in their late fifties or early sixties, leaving Barry feeling anxious about his own heart health. His doctor introduced him to the Reh-Fit Centre and he hasn't looked back since.

“

Facilities like Reh-Fit are so important for the health and welfare of all people, and that's why it's important to donate,” *said Barry.* “Reh-Fit is truly second to none.”

Barry is now in his early seventies and he credits the Reh-Fit Centre for his long-lasting fitness journey, especially as a runner.

Barry brings his workout gear everywhere he goes, whether it's to exercise at the Reh-Fit Centre after work or travelling for meetings across the globe, Barry will start or finish his day by running. This is why he donates to the Reh-Fit Centre, so the facility can keep providing the services that have helped transform his life over the past 40 years.

“

I wanted to see what I could do to stop this trend among the men in my family,” *he said.* “I went to Reh-Fit to try it out, and I fell in love with it.”



Barry Brown
Reh-Fit Member



Our Donors, Funders, and Supporters

The Reh-Fit Centre and the Reh-Fit Foundation would like to sincerely thank our donors, funders, and supporters for your generous gifts and significant contributions this year. We also would like to thank the donors who are completing their pledge payments. In the event that your name has been omitted, misspelled or presented other than in the way you wish, please accept our sincere apologies and call us at (204) 488-9325.

☆ \$1,200,000

The Paul Albrechtsen Foundation Inc.

\$25,000 TO \$75,000

Wallace, Jim

\$5,000 TO \$24,999

Nugent, Linda

\$2,000 TO \$4,999

Brown, Barry and Lynda

Eggie, James (Bequest)

Krahn, Kristy

COMPANIES/ORGANIZATIONS

Manitoba Liquor and Lotteries Corporation

\$1000 TO \$1,999

Bartlett, Kerry and Allan

Boulter, Susan and Pawlowsky, Myron

Clark, George and Laura

Knowlton, Joanna and Tokarchuk, Jim

Lucky, Mildred I. (Milly)

Magarrell, Kent and Barb

McCulloch, Kevin

Page, Shelley and John

Pollard, Diane

Schubert, John and Beverley

Smith, James B.

Ulyot, G. Les E.

Wiebe, Eleanor K.

Woodford, Dennis and Janet

COMPANIES/ORGANIZATIONS

Winnipeg Condominium

Corporation #345 (River Run)

FWS-Confidence Management

\$500 TO \$999

Anonymous (6)

Boreskie, Sue and Mark

Buchin, Claire

Capelle, Ken

Clarke, Redmond

Ritchie, Brian

Fox, John

Goldie, Hugh and Elaine

Hanson, Don (Thomas) and Mary

Horne, David A. and Dianne

Mazur, Bruce

Monnin, The Hon. Mr. Justice Michel

Pachal, Gary, CPA, CA

Promislow, Norm and Sandi

Thomsen, Charles and Roine

Trenholm, Neil and Joy

Withoos, Peter

COMPANIES/ORGANIZATIONS

Payworks

\$250 TO \$499

Bradley, Thomas

Damphousse, George

Gerrard, Martin

Gillet, Sally

Hicks, Mike and Pamela

Horosko, Linda and Andrew

Jewers, Gerald

Kloepfer, Patricia and Cheop, David

Kowalski, Stanley

Loepp, Ingrid

Murphy, Judy and Gordon (Mickey)

Ogale, Arun and Durga

Schultz, Dennis and Arsenault-Schultz, Elaine (Tributes)

Schulz, Ashley

Taylor, Neil

Wood, Randall

Yellowlees, Joyce

\$100 TO \$249

Anonymous (1)

Ameis, Jerry

Bingeman, Kendall and Deborah

Braun, Erna

Brown, Diane and Bob

Campbell, Janet

Carruthers, Brendan

Crist, Margaret

Dunlop, Karen

Froese, David and Sylvia

Furlong, Bernice

Gebrehiwot, Solomon Zegeye

Gibson, Patricia

Gutkin, Donald and Belva

Hints, Arlene

Jeffries, Margaret

Keynes, Rhoda

McDonald, Thomas

McKay, Ian

McPetric, Julie and Jamie

Nieman, Duane

Ozamoto, Sheila

Parker, Garry Franklin

Pawluk, Kenneth

Reinsch, Dale

Rocke, Charlene

Sampson, Mike

Seguire, Jon

Shaw, James

Siemens, Dan and Bonnie

Siemens, Suzy

Spelchak, C.F.

Steele, Charles

Taylor, Karen

Tsadik, Tesfaye

GRANTS

Government of Manitoba, Building Sustainable Communities

The Winnipeg Foundation, Adapt Grant

☆ The Paul Albrechtsen Foundation Inc.

A special thank you for the generous gift from The Paul Albrechtsen Foundation to assist with facility renovations and enhancements. Paul's generosity to Reh-Fit over the years has helped thousands of Manitobans improve their quality of life while improving community health in our province.



Manitoba Cardiac Institute (Reh-Fit) Inc.

204-488-8023

Charitable Registration Number

10765 9765 RR0001



Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.

204-488-9325

Charitable Registration Number

87046 0540 RR0001



1390 Taylor Ave, Winnipeg, MB R3M 3V8

www.reh-fit.com