



2016/17
ANNUAL REPORT



reh-fit
centre



reh-fit
centre
Foundation

LISTENED.

*How bodies talk
Why we need to listen*



THE FOCUS

We used to try to run faster. Get stronger. Hold on longer. Jump higher. But life gets busy. Priorities shift from being better to doing better for others. Still, life sends us little reminders. It starts with a number on a scale. An ache here, a pain there. A shortness of breath on the last step. It starts quietly. And if we don't listen, life gets louder.

The Reh-Fit Centre is a place for people who want better.

THE FEATURES

4 | Turning Points

For years, she put family first. He put work ahead of health. Until their bodies rebelled in ways they couldn't ignore. Two compelling stories of people who listened to their bodies, reclaimed life, and changed their futures.

8 | Quality of Life

Learn how the expert staff at the Reh-Fit can work with your company to customize a wellness plan and help you build better corporate health.

12 | Experience

Work out with friends, then stop in for coffee. From fitness challenges to social events, Reh-Fit is creating a better experience to feed your hunger for fun.

THE YEAR IN REVIEW

Reh-Fit Centre

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MESSAGE FROM THE CEO AND CHAIR



The Reh-Fit 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 lives. The Reh-Fit enjoyed another productive year of not only making the Centre better but also making a difference in the lives of our members and the community.

Building on our Success as Canada's First Certified Medical Fitness Facility

Reaching Out to the Community

The Reh-Fit Centre's vision is to be the leader in building community health. Again this year, we held a number of complimentary health screening clinics and educational programs and events that delivered the latest information on fitness and health to members of our community.

My Health Team

The Reh-Fit is part of the Fort Garry/River Heights My Health Team, which is a team of health care providers that work together to plan and deliver services. Our partnership with My Health Team will help us continue to provide the highest quality service to the community.

Enhancing the Centre Experience

Coaching

One of our new offerings available to all members is a one-to-one coaching session with one of our Fitness Professionals. Through surveys, we learned our members

wanted more interaction with staff, and research has indicated the coaching session is the best way to help them succeed at the Centre.

Facility Enhancements

We completed the reception area project this year, which included the installation of the new lobby tile and the Concierge Reception Desk area. This new desk space adds functionality to our reception area and will help us provide a next-level service experience for our clients.

Giving Back to our Members

This year, we added private physiotherapy and athletic therapy services for our members. We also launched our member loyalty rewards program Reh-Fit Reh-Wards. Finally, we introduced Reh-Fit MyWellness, which is an online platform that allows our members to access their exercise and lifestyle data anywhere, anytime through our free app.

As we look back on the past year, we would like to extend our sincere thank you to all those who choose the Reh-Fit, to our partners, and to our exceptional staff, volunteers, the Reh-Fit Centre Board of Directors and committees, and the thousands of Manitobans who support our efforts to meet their needs.



Better COMMUNITY HEALTH

It was nearly four decades ago that the Reh-Fit first opened its doors when a few bold doctors thought that exercise might be good for their patients. It turns out those forward-thinking doctors were right. Exercise is good for all of us, and it's one of the most important things we can do for our health. As Canada's first certified medical fitness facility, the Centre has helped thousands of Manitobans to build healthy lifestyle habits that improve their quality of life while relieving pressure on our health care system. It's what sets the Centre apart and is at the core of the Reh-Fit's belief that exercise is medicine.

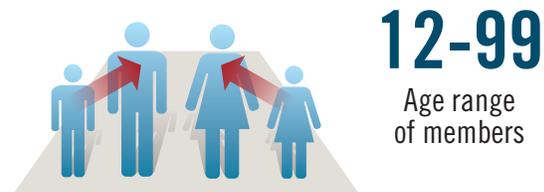
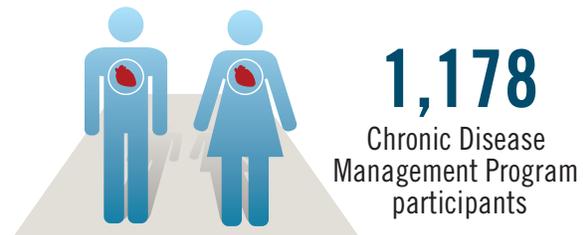
The Reh-Fit is a place for people who want better. It's a place for people who want or need to make lasting positive changes in their health. It's a place for people who want an improved quality of life for themselves and those around them.

Our Cardiac Rehabilitation program has been saving and enhancing the lives of those with heart disease – the number one killer in Canada – for more than 35 years. We also offer a range of exercise and education programs, for example, Get Active With Diabetes, Falls Prevention, and Moving Forward After Cancer, to help those with chronic health issues find a new lease on life.

Our fitness programs suit a wide range of abilities from those just beginning their health and fitness journey to seasoned exercisers who need assistance staying in top shape. Exercisers enjoy the benefits of individual attention combined with the motivation that comes from being part of a team. We also offer a variety of mind/body programs that exercise both the mind and the body.

We hold annual events that promote healthy living, support research to assess the effectiveness of health and fitness programs in building community health, and work with other groups and organizations to help bring innovative programs and services that we could not otherwise provide.

Better won't happen by accident. It's intentional. It's purposeful. The Reh-Fit takes steps every day toward getting better because we know that whether we feel like we're as low as we can fall, or as high as we can reach, better is always possible.

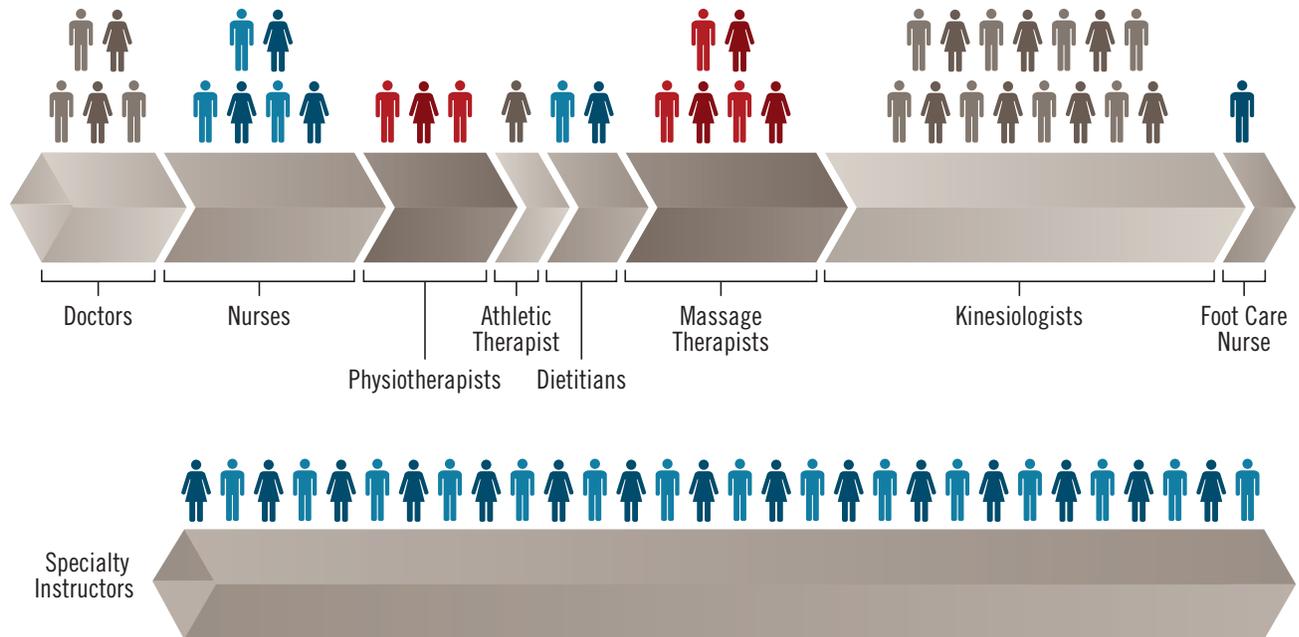


Better PERSONALIZED SERVICE FROM EDUCATED PROFESSIONALS

In 2012, the Reh-Fit became Canada's first certified medical fitness facility, recognizing that we meet the highest global standards for programs, staff, safety, and community service.

As a medical fitness facility, we have an inter-professional collaborative health and fitness team, along with a Medical Advisory Committee, who offer the professional guidance and expertise that inspire people to exercise safely and effectively. Together we are committed to creating a community of support that is built upon a foundation of innovative and personalized services.

Professional Staff



Highest Standards

Accreditation from organizations outside the Reh-Fit assures consumers that our facility has met the highest standards of quality and service and will offer them a safe and effective health and wellness experience.

The Reh-Fit is recognized as a certified medical fitness facility by the Medical Fitness Association. The designation assures members and the community at large that the Reh-Fit meets the highest global standards for programs, staff, safety, and community service.

We are also accredited under Imagine Canada's Standards Program, a Canada-wide set of shared standards for charities and non-profit organizations. Accreditation assures our donors, funders, the public, and other stakeholders that the Reh-Fit is operating in an ethical, accountable, and transparent manner, and that their support is being used in the best possible ways to enhance the health and well-being of the community.

TURNING POINTS

Rosemary Cappellano

Realized how unhealthy she was becoming

As a business owner and young mom, for many years Rosemary's priorities focused on building the family business and raising a family. After years of placing herself last on the list, she began to realize how unhealthy she was becoming.



"I could feel my body saying, or maybe more accurately, screaming help me!" she said. "I knew that if I didn't give myself the time to exercise today then future health issues could rob me of time later in my life."

Rosemary realized all the other things she had tried in the past were her hopes for quick fixes. Whether it was just a short lived program or a gym, nothing seemed to inspire a real change. With a history of heart disease in her family, and watching her father suffer a heart attack, Rosemary knew she couldn't continue on the road she was on. Preventive health care through exercise was where she thought her focus would matter most.

"If you don't have time for yourself right now, eventually your body will physically force you to have to do it," she said. "So I figured I'll do it on my own now before I'm told I have to."

Rosemary joined a fitness program at Reh-Fit because she felt guidance and structure were the keys to her success. For her, it wasn't about working out. It was about a lifestyle change. She said the Reh-Fit made the most sense as a starting place for her wellness journey because the program incorporated healthy lifestyle, nutrition, exercise, and support all in one. Since starting at the Centre, she's lost 31 pounds.

I want to be able to travel and not have physical limitations

"Through this experience I became aware of the importance of discipline, planning, consistency, and patience," she said. "It took a long time to get to that unhealthy state, and I now have the patience to recognize that it will take a while to get to where I want to be."

Going forward as a Reh-Fit member, Rosemary said her biggest motivator to keep exercising is life. She understands that caring for her body now will only continue to benefit her further down the road.

"I want to be here for a long time and enjoy my family and my life, and I know that being physically active will help me stay as healthy as possible," she said. "I want to be able to travel and not have physical limitations. I want to set an example for my children of living a healthy lifestyle."

Darrell Trask

Diagnosed with type 2 diabetes

For much of his life, Darrell concentrated on his work. He had once been an active person but began to lose focus on it as the demands of his job increased. When he was diagnosed with type 2 diabetes, he realized that exercise needed to play a bigger role in his life.



Darrell first joined the Reh-Fit while he was still working. He tried coming to work out in the evenings, but he found it was hard to manage.

“I was running a pretty stressful 24 hours a day seven days a week sort of operation and I just couldn’t get my blood sugar numbers where they needed to be,” he said. “After about a year, I stopped trying to work out.”

Last summer, as Darrell was approaching his retirement, he decided to re-join the Centre. He started coming back to the Centre in June to begin layering some good behaviours into his life, which set up structure for him when he retired in October.

“I retired so that I could get my health back,” he said. “When I came and had my assessment last year, I was not in great shape. I re-joined the Reh-Fit because I knew it would give me the highest probability of living a healthy lifestyle independently for as long as possible.”

I've been able to drop one of my medications

Darrell started at the Centre working out alone. The more time he spent at the Centre though, the more things he began to try. With the help of a guided fitness program, Darrell was able to go 45 days in a row with his blood sugar levels in the normal range.

“In seven and a half years of having diabetes, the longest I had gone with my numbers in normal range was four days,” he said. “Now I’ve done over ten times that, and I’ve also been able to drop one of my medications.”

Darrell said his membership to the Reh-Fit has made his transition to retirement seamless because he is still doing something every day. He doesn’t have the opportunity to be bored because he’s always trying new things.

“A lot of what I’m doing not only feeds my body but also feeds my mind. It challenges my brain and shakes up my ideas of what I thought exercise and fitness is and how to do it,” he said. “I can take what I learn here and do the things I want to do outside the Centre as well.”

Better RESEARCH-BASED PROGRAMS THAT GET RESULTS

The Reh-Fit supports research to continually improve the effectiveness of our health and fitness programs in building community health. Findings can also lead to advances in the scientific knowledge base of disease prevention and rehabilitation.

Each year we offer a variety of programs and services designed to manage as well as prevent chronic disease, and identify, manage, and reduce health risks. Regardless of the program you attend, there are key principles our team includes in our programs – the latest practices in literature, behaviour change strategies, self-management, progress tracking, measurement of outcomes, and ongoing support and guidance. A new program at the Centre that exemplifies all of the above is the TrueNTH Prostate Cancer Program.

TrueNTH Prostate Cancer Program

The TrueNTH Lifestyle Management initiative is a national research program funded by Movember and Prostate Cancer Canada. Participants in the program are provided with exercise education and guidance, nutrition support, a mind/body aspect of wellness, and access to an environment that encourages support and community with fellow prostate cancer survivors. The Reh-Fit was chosen to be the test site for this program in Manitoba with the overall goal of becoming the training centre for other fitness professionals so they can lead this program at other sites throughout the province.

Our programs can help people get better.

Our goal at the Centre is to help people get better every day. One of the main ways we are known for achieving that goal is through the Cardiac Rehabilitation program, which has been around since before the Centre opened in 1979. Since then, we have added a range of exercise and education programs that focus on improving arthritis, balance, stroke and other neurological conditions, diabetes, hip and knee pain, and kidney disease. We also offer programs for people who have never exercised before and need a little help to get started as well as programs for people who want to take their fitness to the next level.

Nancy discusses her experience with the Get Active With Diabetes Program:

“When I joined the program, I required a walker because of my decreased mobility which was due to nerve problems in my legs. I had a lot of muscle breakdown because I wasn’t physically active, and I was having a lot of falls and balance issues,” she said. “The diabetes program was nutrition, physical activity, and education. All three of those components were necessary in order for me to rebuild my health. There were things I was not able to do at the beginning of the course I could do at the end because I had a lot more strength. The Fitness Professional who worked with me individually during our physical activity training sessions helped me develop certain exercises and muscle-building activities, and that’s made a huge difference for me.”

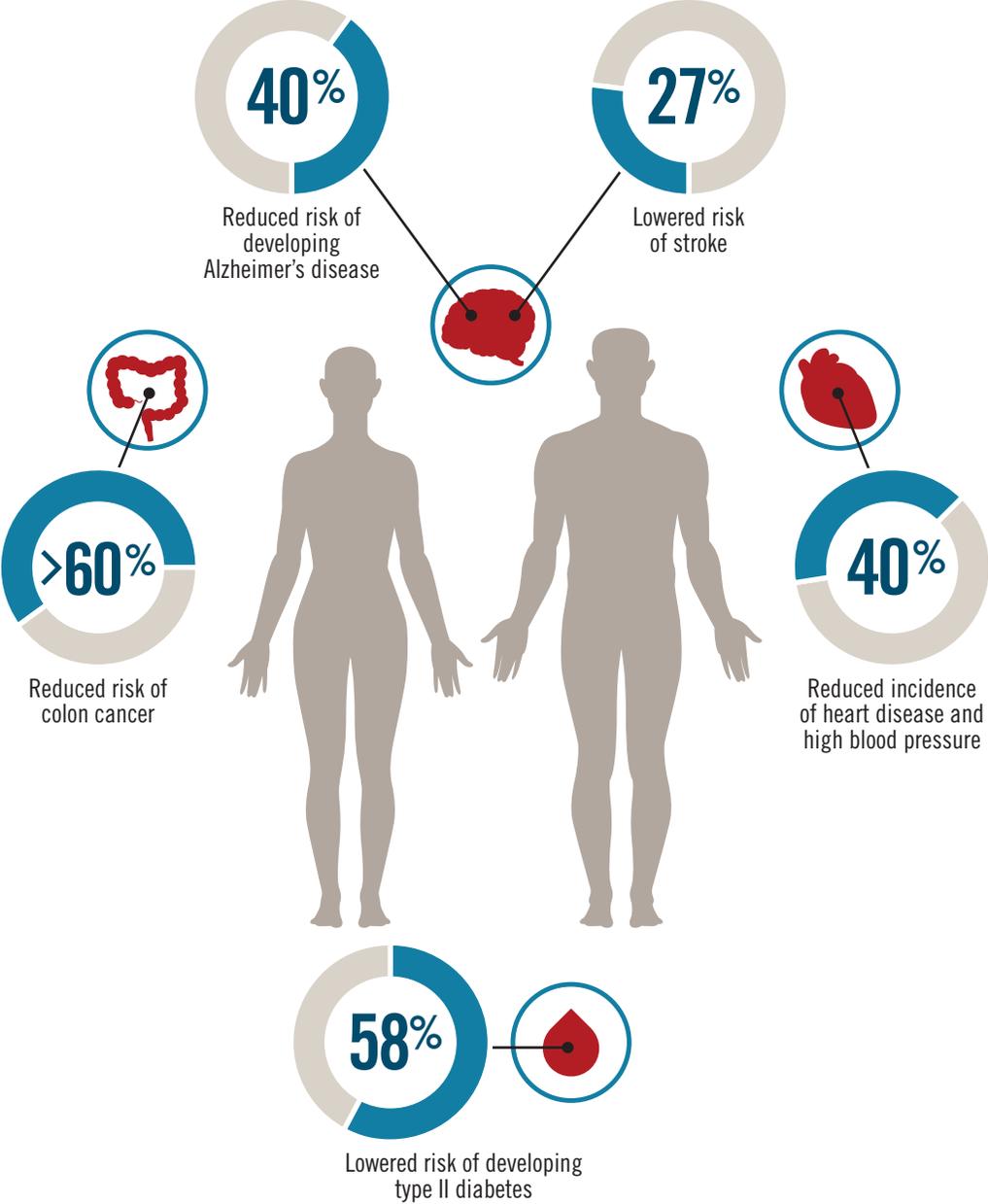
REMINDER

I was not taking care of myself because I have a couple of kids, and I was taking better care of them. After my cancer treatment, I told myself this is a brand new day. This is my chance to do things differently and one of those things was going to be exercise. I chose the Reh-Fit because I knew they have the professional staff that could help me move forward.

—Malcolm Harvey

Numerous studies have shown that physical activity can play a significant role in preventing diseases and chronic conditions.

Health Risks Reduced by Regular Physical Activity





Better QUALITY OF LIFE

Corporate Wellness

Research shows that businesses who invest in the health of their employees see benefits such as, reduced health care-related costs, increased productivity and morale, decreased absenteeism and turnover, and great professional networking opportunities. Not only does it improve employee satisfaction but it also offers employees all of the personal benefits of overall health and well-being.

This year, we began researching how the Reh-Fit could expand our corporate services. Growing our corporate services offerings will allow us to foster ongoing relationships with organizations to increase the use of our corporate services, such as executive assessments, corporate memberships, educational talks, or wellness challenges.

We recognize that making changes such as incorporating physical activity into everyday life and decreasing sedentary behaviour can be challenging. At the Reh-Fit, we have the professional staff who are trained to help people learn behaviour modification techniques and support them as they fulfill their commitment to a more active lifestyle.

With almost 40 years of experience, the Reh-Fit has the professional expertise and programming necessary to effectively assist people in building a healthier, more active lifestyle.

Executive Health and Lifestyle Assessment

The work of a CEO, or other key executive, is critically important to the success of a corporation. Our Executive Health and Lifestyle Assessment helps executives take steps to keep their health in check.

The assessment is a program of tests and consultations designed to provide an awareness and understanding of the factors that have an impact on health and how to control them. It involves a series of tests that assess the risk of cancer,

cardiovascular disease, metabolic disease, respiratory disease, and other health concerns. Lifestyle factors, such as exercise and eating habits, are also reviewed.

A team of professionals reviews the results one-on-one and will assist in coming up with a lifestyle plan. The individual then acts on this plan to reduce the health risks identified in the assessment, relieve the nagging concerns about health and fitness, add quality of life, and perform their work as well as or even better than they did before.

Win-Win At Work

Depending on the needs of your workplace or business, the Reh-Fit can customize our services to match the desired outcomes of a corporate wellness plan. We offer a range of professional staff who have the expertise to put together a program that fits your organizational needs. For example, we worked with Manitoba Liquor and Lotteries to create two programs specific to the needs of their employees.

Train the Trainer with Manitoba Liquor and Lotteries

The health and fitness staff at the Reh-Fit developed two programs for Manitoba Liquor and Lotteries (MBLL) that provided new trainers with knowledge about safe lifting techniques and proper posture. Our staff used these programs to train the MBLL trainers, who could then go forward and train MBLL employees across the province.

Safe Lifting Program

This program was prepared for MBLL warehouse and liquor store employees. MBLL trainers were given instruction on proper safe lift techniques related to the various positions within the MBLL. They were also coached on how to demonstrate these techniques to the class participants.

Postural Program

This program was prepared for casino employees and focused on safe dealing practices. MBLL trainers will be given instruction on proper postural and positional techniques related to the various positions within MBLL. They will also be coached on how to demonstrate these techniques to the class participants.

Board of Directors 2016/17



reh-fit
centre

Scott Bailey, *Chair*
David Thompson, CPA, CA, *Past Chair*
Pat Kloepfer, CPA, CA, *Vice-Chair*
Wanda Burns, CPA, CA, *Treasurer*

Rossana Buonpensiere, *Secretary*
Scott Cale
Matthew Guberman
Mike Hicks

Cliff Lazareck
Judy Murphy, FCPA, FCA
Wendy Rudnick
John Schubert

Charitable Registration Number
10765 9765 RR0001

REMINDER

I joined the Reh-Fit after completing the Cardiac Rehabilitation program close to 15 years ago. I maintain my membership because I believe my life is worth my membership to the Reh-Fit Centre. Being a member here makes it easy for me to maintain a healthy lifestyle and enhance my quality of life.

—Ken Capelle

Better PARTNERSHIPS

As Canada's first certified medical fitness facility, the Reh-Fit Centre wants physical activity to be considered as a vital sign whenever an individual visits their physician. The Centre collaborates with health care through health care providers in a range of ways.

My Health Team

The Reh-Fit is part of the Fort Garry/River Heights My Health Team, which is a team of health care providers that work together to plan and deliver services for a geographic area. The goal of these teams is to leverage and build on existing services and enhance them so that people in the community are offered more coordinated and comprehensive care. The Reh-Fit has always been focused on providing the highest quality of service to the community, and our partnership with My Health Team will do this more effectively.

Electronic Medical Records/eChart

The Reh-Fit is part of a provincial initiative to improve patient care. We use Electronic Medical Records, which contain a patient's medical history, as well as eChart, a secure, private lifetime record of an individual's health history for a consolidated view of their health information.

Health and Fitness Assessments

Newcomers to the Reh-Fit complete a comprehensive Health and Fitness Assessment that measures their fitness levels and identifies risk factors for health concerns. The results are then used to prescribe an exercise routine that puts the person on track to achieving their optimum health and well-being. We also send the results to the client's doctor providing a complete circle of care.

Medical Guidance

We are fortunate to have Dr. Thang Nguyen to advise us on the Cardiac Rehabilitation program and emergency policies and procedures at the Centre. The Reh-Fit Centre's Medical Advisory Board, consisting of 14 physicians from a range of specialties, points out gaps in community health and fitness programs that we could fill.

Partnerships

We work with health care organizations to offer specialized healthy living programs more efficiently and cost effectively than we can on our own. This past year, we helped build community health by partnering with organizations such as CancerCare Manitoba, Exercise is Medicine Canada, Fort Garry/River Heights My Health Team, Winnipeg Regional Health Authority, and more.

Student Placements

The Reh-Fit hosts student placements from academic institutions to help students gain practical experience in their field of study. In 2016/17, we hosted 28 student placements.

Medical Advisory Committee

Dr. Amarjit S. Arneja
Dr. Richard Blouw
Dr. Neil Craton
Dr. Grant Goldberg

Dr. Douglas Hobson
Dr. David Hochman
Dr. Neal Lerner
Dr. Pravinsagar Mehta

Dr. Thang Nguyen
Dr. Florin T. Padeanu
Dr. Sepideh Pooyania
Dr. Mike Routledge

Dr. John Wade
Dr. Stephen G. M. Wong

REMINDER

I've spent the last several years struggling with arthritis. After three joint replacement surgeries, I wanted to get back into living life again. I know I'm breaking habits that have built up over a lifetime, so it's not a quick fix, but the Reh-Fit gives me the best opportunity to reclaim my health and life again.

—Laura Cowie



Reaching out to THE COMMUNITY

With a goal of creating a healthier, more active community, the Reh-Fit continues to host a variety of educational programs and events that deliver the latest information on fitness and health.

Education Seminars

Addresses current health care issues and offers guidelines for healthy living.

Health Screening Clinics

Identifies and controls health risk factors.

Live Healthy Speaker Series

Provides facts on preventing and managing disease.

MedTalks

Offers interactive lectures on health and wellness issues by acclaimed physicians.

Exercise is Medicine™ Month

Explores the finding that physical activity is unparalleled in its ability to prevent and treat chronic disease.

Active Aging Week

Teaches older adults how they can get active, stay active, and access helpful resources in our community.

Smart for Your Heart

Explores how to prevent and manage cardiovascular disease, the world's leading killer.

Community Health Fair

Offers basic preventive medicine and medical screening, from proper shoe fitting to cancer screening.

Specialized Programs to Manage Chronic Conditions

Provides access to specialized programs, such as Get Active With Diabetes, Moving Forward After Cancer, and People with Arthritis Can Exercise.

Fully Accessible

We offer more than 500 health and fitness programs, accessible memberships and programs, and the latest equipment that keeps exercise interesting, challenging, and suitable for all fitness levels and needs including those with physical limitations who require an accessible environment.

Buddy System

Our unique buddy system allows clients to bring in a support person, admitted free of charge, if they require assistance while at the Centre.

Financial Assistance

The Reh-Fit Centre strives to make membership and chronic disease management programs accessible to all. Financial assistance will be provided based upon individual need and the availability of funds.



Better EXPERIENCE

Our members experience a comfort that feels like home in our world-class facility. Our friendly staff provide the highest level of support and guidance to help our members reach their health and wellness goals

Coaching Session

One of our new offerings available to all members is a one-to-one coaching session. The coaching session is an opportunity for our members to meet with one of our Fitness Professionals, who help them build a plan for success. They leave the session knowing what the next steps are and how they can determine if they're making movement toward their goals.

Rehabilitation Services

This year, we added private physiotherapy and athletic therapy services for our members. Our highly skilled and licensed staff provide one-on-one care for rehabilitation and injury management through assessment, diagnosis, and treatment of musculoskeletal concerns. This is another way the Centre provides a complete circle of care.

Reh-Fit MyWellness – Fitness at your Fingertips

Reh-Fit MyWellness is an online platform, free with membership, which allows our members to access their exercise and lifestyle data anywhere, anytime. Reh-Fit MyWellness also gives our staff a better overall view of the members they're working with.

Members have access to Reh-Fit MyWellness through our free Reh-Fit Centre app, which allows them to see our group fitness schedule, participate in fitness challenges, and link their account to other fitness tracking devices.

Reh-Fit Reh-Wards

This past year we launched our member rewards program Reh-Fit Reh-Wards. Members who sign up receive points based on their activity level, program participation, purchases, and referrals. These points can be redeemed for a variety of perks. Reh-Wards encourages our members to be more active and take advantage of all of our program and service offerings.

Feeding A Hunger For Fun And Variety

Three Workouts Members Can Do On Their Own Time

1. Circuit Workout

For those members who want some guidance for their workout, but the timing of the group fitness classes doesn't work for them, we began offering a guided circuit workout that provides exercises for the whole body.

2. Spin Bike Workouts

For those members who want to take a Ride class on their own, members can scan the QR code on the spin bikes, which leads them to a video of an instructor-led cycling class.

3. Virtual Fitness

Virtual Fitness provides members with access to hundreds of the industry's top fitness instructors and classes to take on their own and is designed to suit any schedule.

Recreational Activities

Recreation programs are a fun way to exercise and meet new people. The Reh-Fit is not only a place for people to work out and improve their health, it is also a place for people to gather

and spend time together. We offer pickleball, badminton, and shuffleboard to encourage member interaction and give people the opportunity to add some variety to their workouts.

Social Opportunities

We encourage our members to think of the Centre as a second home to them. A number of our members like to meet their friends here for a workout and then stop in the Café for coffee or lunch when they're done. We also run fitness challenges, fitness programs, and a running club which create a little friendly competition and camaraderie. Finally, we hold social events that give our members the opportunity to interact with each other and get to know the staff as well.

Volunteering

Our volunteers contribute to special events, share their knowledge of the Reh-Fit Centre, and are ambassadors for our chronic disease programs. Volunteering on the Energy Team is a great way for our members and users to meet new friends and give back to an organization that has made a difference in their lives. In 2016/17, we had over 100 volunteers lend their time at the Centre.



Health and Wellness Hub

Our vision for a health and wellness hub is inspired by the thousands of Manitobans who walk through our doors determined to make a difference in their lives while helping our health care system operate more sustainably.

Over the coming decade, we plan to enhance and expand the Reh-Fit into a health and wellness hub. The health and wellness hub will be a one-stop shop of health and wellness organizations that connects Manitobans to a broad team of health care professionals to bring them the right care quickly.

It would create an environment where inter-professional teams can work together to improve individual care and encourage regular, active living that improves quality of life

and longevity. Proximity would enable the collaboration on progressive programs, new initiatives, research, and education.

The hub will provide the Reh-Fit Centre's clients with better access to a wide range of services to help them develop, plan, and manage customized programs to meet their health and wellness needs. At the same time, the clients of other service providers will become more familiar with the Centre and more likely to access our programs and services.

The health and wellness hub of tomorrow will share the same vision as today's Reh-Fit: to be the leader in building community health. The difference is that the health and wellness hub will broaden the reach of that vision by serving as a model that inspires other health and fitness facilities to build the health of their own communities.

Building Advisory Committee

John Schubert, *Chair*
Bob Adkins
Heather Cram

Matthew Guberman
Evan Johnston
Martin Krawitz

Greg Lamothe
Jeff Palmer
John Petersmeyer

David Thompson, CPA, CA
Scott Bailey (ex-officio)

FINANCIAL HIGHLIGHTS

REH-FIT CENTRE



The Results

After providing for future capital asset replacements and additions through a gift to the Manitoba Cardiac Institute (Reh-Fit) Foundation Inc., the Centre had revenues in excess of expenses of \$183,415.

Revenue

In 2016/17 revenue from all sources increased by \$204,078 (3.6%) with membership and user fees representing 54% of total revenue. Revenue from programs and ancillary services increased by \$216,007 (22.8%). Thanks to the generosity of donors and to the Foundation's Board and Committee fund raising efforts, the Foundation gifted \$200,208 to the Centre, an increase of \$65,478 (48.6%). The Foundation's work helps to make the Centre and its services accessible to the community at large.

Expenses

In 2016/17 overall expenses increased by \$143,744 (2.6%) with compensation representing 44% of total expenses. Staff who directly deliver services to Reh-Fit's members and guests account for 69% of total compensation. In keeping with the

strategic framework of maintaining the Centre at a high level of repair and refurbishment, \$350,000 was contributed to the Foundation's Building and Equipment Fund for stewarding 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.

Audit Committee

Gordon Webster, FCPA, FCA, *Chair*
 Rob Rabichuk, CPA, CA, CBV, CF
 Rob Rose, CPA, CA
 John Schubert

Finance Committee

Wanda Burns, CPA, CA, *Chair & Treasurer*
 Scott Cale
 Patrick Hannah
 Bruce Mazur
 David Thompson, CPA, CA

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

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

The accompanying summarized non-consolidated financial statements, which comprise the summarized non-consolidated statement of financial position as at March 31, 2017 and the summarized non-consolidated statement of operations and changes in net assets for the year then ended, are derived from the audited non-consolidated financial statements of Manitoba Cardiac Institute (Reh-Fit) Inc. for the year ended March 31, 2017. We expressed an unmodified audit opinion on those non-consolidated financial statements in our report dated June 5, 2017.

The summarized non-consolidated financial statements do not contain all the statements and disclosures required by Canadian accounting standards for not-for-profit organizations. Reading the summarized non-consolidated financial statements,

therefore, is not a substitute for reading the audited non-consolidated financial statements of Manitoba Cardiac Institute (Reh-Fit) Inc.

Management's Responsibility for the Summarized Non-consolidated Financial Statements
 Management is responsible for the preparation of a summary of the audited non-consolidated financial statements on the basis described in the Note to the summarized non-consolidated financial statements.

Auditor's Responsibility
 Our responsibility is to express an opinion on the summarized non-consolidated financial statements based on our procedures, which were conducted in accordance with Canadian Audit Standard (CAS) 810, 'Engagements to Report on Summary Financial Statements'.

Opinion

In our opinion, the summarized non-consolidated financial statements derived from the audited non-consolidated financial statements of Manitoba Cardiac Institute (Reh-Fit) Inc. for the year ended March 31, 2017 are a fair summary of those non-consolidated financial statements, on the basis described in the Note to the summarized non-consolidated financial statements.

BDO Canada LLP

Chartered Professional Accountants
 Winnipeg, Manitoba
 June 5, 2017

MANITOBA CARDIAC INSTITUTE (REH-FIT) INC.

Note to the Summarized Non-consolidated Financial Statements

For the year ended March 31, 2017

Basis of Summarized Non-consolidated Financial Statements

Management is responsible for the preparation of summarized non-consolidated financial statements. The summary presented includes only the summarized

non-consolidated statement of financial position and the summarized 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, 2017 are available at Manitoba Cardiac Institute (Reh-Fit) Inc.

Manitoba Cardiac Institute (Reh-Fit) Inc.

SUMMARIZED NON-CONSOLIDATED STATEMENT OF FINANCIAL POSITION - As at March 31

	2017	2016
ASSETS		
Current Assets	\$1,986,116	\$1,987,041
Property and Equipment	8,506,063	8,550,880
	\$10,492,179	\$10,537,921
LIABILITIES AND NET ASSETS		
Current Liabilities	\$709,346	\$574,884
Memberships and Fees Paid in Advance	1,170,656	1,122,209
	1,880,002	1,697,093
Deferred Contributions	6,044,302	6,456,368
	7,924,304	8,153,461
Net Assets	2,567,875	2,384,460
	\$10,492,179	\$10,537,921

SUMMARIZED NON-CONSOLIDATED STATEMENT OF OPERATIONS AND CHANGES IN NET ASSETS - For the year ended March 31

	2017	2016	% of 2017 Total
REVENUE			
Membership and User Fees	\$3,191,443	\$3,240,041	54%
Ancillary Services	720,565	556,746	12%
WRHA Service Purchase Agreement Funding	752,280	752,280	13%
Programs	444,342	392,154	7%
Gift From Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.	200,208	134,730	3%
Amortization of Deferred Contributions	448,989	442,128	8%
Other	165,000	200,670	3%
	\$5,922,827	\$5,718,749	100%
EXPENSES			
Compensation	\$2,513,065	\$2,481,429	44%
Amortization of Property and Equipment	762,580	747,437	13%
Facility/Operations	656,239	651,892	12%
Administrative	582,616	525,541	10%
Ancillary Services	479,553	404,161	8%
Gift to Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.	350,000	380,000	6%
Programs	214,938	207,354	4%
Membership and Marketing	180,421	197,854	3%
	\$5,739,412	\$5,595,668	100%
Excess of Revenue over Expenses	183,415	123,081	
Net Assets, beginning of year	2,384,460	2,261,379	
Net Assets, end of year	\$2,567,875	\$2,384,460	

MEMBERSHIP AND USER FEES

2016-17	\$3,191,443
2015-16	\$3,240,041
2014-15	\$3,315,854
2013-14	\$3,118,804
2012-13	\$2,850,012

ANCILLARY SERVICES AND PROGRAMS REVENUE

2016-17	\$1,164,907
2015-16	\$948,900
2014-15	\$909,456
2013-14	\$893,447
2012-13	\$803,486

GIFT TO FOUNDATION BUILDING AND EQUIPMENT FUND

2016-17	\$350,000
2015-16	\$380,000
2014-15	\$663,105
2013-14	\$350,000
2012-13	\$500,000

MESSAGE FROM THE FOUNDATION CHAIR



In 2016/17, the Reh-Fit Foundation raised \$291,154. In keeping with the role of the Foundation, the funds will be used to support the Centre's mission to enhance the health and well-being of our community.

Fundraising

Our personal approach campaign encourages gifts from both individuals and corporations. Thanks to the efforts of our volunteer committees and board members, \$102,056 was received through personal approach gifts. Our member campaign took place in the fall of 2016, with donations from 66 individuals totaling \$8,671. Other donations, such as tribute gifts, general donations, endowment donations and bequests totaled \$24,399.

We held three annual events: Cocktails and Comedy, a fun-filled evening featuring internationally renowned North American comedians, raised \$107,800. The Walk of Life & Health Fair, which enhances awareness of heart disease and raises funds in support of the Reh-Fit's cardiac rehabilitation services, raised \$18,561. The Reh-Fit Golf Tournament, where members and guests enjoy 18 holes of golf at beautiful Bel Acres Golf & Country Club, raised \$29,667.

Donor and Sponsor Appreciation Evening

We hosted a donor and sponsor stewardship event to improve and strengthen our relationship with donors and sponsors. The event allowed us to recognize, show our appreciation, and inform this group about what is happening at the Centre.

Sponsors and Grants

We continue to receive sponsorship for our three fundraising events, as we have done for many years. In 2016/17, we decided there was an opportunity to do more to expand our base of support and build our corporate connections. We created a sponsorship plan that will be implemented in the upcoming fiscal year.

This year, we also focused on learning more about the grant application process to increase the probability for success in receiving funds and applied it to our grant writing.

Highest Standards

The Foundation is accredited under Imagine Canada's Standards Program, a Canada-wide set of shared standards for charities and non-profit organizations. Accreditation assures our donors, funders, the public, and other stakeholders that the Foundation is operating in an ethical, accountable, and transparent manner.

Ensuring Long-Term Financial Success

The people who give to the Reh-Fit Foundation support our growth so we can build on our success as Canada's first medically-certified health and fitness facility. Thank you to our donors, Legacy Society members, sponsors, and corporate supporters who so enthusiastically help us to continue to make a difference for our members and our community. Thank you also to the Foundation Board and committees for volunteering their time, skills, and energy to support the fundraising efforts of the Foundation.

A handwritten signature in black ink, appearing to read "Susan Boulter".

Susan Boulter, Chair



AREAS OF NEED

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.

The Foundation is only able to accomplish all that it does with the enthusiastic support of donors, Legacy Society members, sponsors, and corporate supporters, who share the Reh-Fit's commitment to improving community health.

Areas of Greatest Need

Membership dues and user fees for programs and services at the Reh-Fit are held to a level that keeps the Centre accessible to the community. They cannot cover the cost of the following:

- **Equipment** – adding medical and exercise equipment to keep pace with the latest developments in health and fitness technology, for the safest, most effective exercise.
- **Facility** – assisting with major facility projects that maintain the quality of the building, which is at the core of the Reh-Fit's ability to deliver its programs and services.
- **Programs** – adding leading edge health and fitness programs at the Centre.
- **Education and Training** – offering more education, training, and assistance for the growing number of people in the community who are challenged with health concerns.
- **Accessibility** – making memberships and programs accessible to the broader community.
- **Research** – supporting research and evaluation to assess the effectiveness of health and fitness programs in building community health.

WAYS TO GIVE

Gift Types

The Foundation accepts a wide variety of gift types, whether they are in one's lifetime or are deferred. Gift types include the following:

- tribute gifts
- publicly traded stocks
- life insurance
- cash
- charitable gift in your will
- enduring funds.

- Encouraging numerous businesses in Manitoba to provide invaluable sponsorship support in making the fundraising events and other Centre initiatives possible.
- Raising funds through events each year that attract a broad cross-section of the community.

Annual Campaigns

Fundraising efforts include:

- Soliciting donations by members of the Reh-Fit Centre Board, the Reh-Fit Foundation Board, committee members, and the Reh-Fit staff.
- Soliciting donations from selected individuals, corporations, and foundations.
- Soliciting donations from members.
- Raising funds through grants to help cover the cost of projects that enhance programming and renew the facility.

Leaving a Legacy That Benefits Community Health

The Legacy Society, established in 2009, gives prospective donors an opportunity to demonstrate their support of the Centre through a planned gift.

A charitable bequest is one of the simplest ways that Legacy Society members choose to provide continuing support for the Reh-Fit. Other ways they may donate are through the gift of a life insurance policy and/or donations of stocks and bonds.

LOOKING AFTER OUR HOME

Through our surveys and other feedback, Centre users have identified the primary reasons why they belong to the Reh-Fit. The top three reasons reported were:

- Facility/Quality of the environment
- Quality/quantity of fitness equipment
- Professional staff

However, as the building ages and it experiences the wear-and-tear of several thousand visits each year, the cost to maintain, replace, and repair the Centre and its amenities continues to grow. Greater demand for our services is also adding to overall costs.

The Reh-Fit follows prudent budgeting policies whereby future capital replacements are planned to be funded from operations and the Foundation. The capital replacement plan has been created with the accepted industry standards for asset replacement and has been adopted as management's annual goal of \$1.5 million.

Just as you need to keep up with maintenance and renewal of your home, it's essential that we take steps every year to protect the quality of the Reh-Fit Centre and ensure it remains a world-class facility for community health. That is why we continue to improve the quality of the building by following optimal maintenance and replacement schedules, and by adding state-of-the-art equipment that keeps pace with the latest developments in health and fitness technology.

Facility Enhancements

We know from client feedback that the quality of the facility is one of the most important things to our members.

The reception area project began last year with the new vestibule at the front door. The next phase of the project involved the installation of the new lobby tile and the Concierge Reception Desk area. This new desk space adds functionality to our reception area and will help us provide a next-level service experience for our clients.

Other upgrades and enhancements include:

- replacing some windows on the east side of the building
- refinishing Café furniture
- refinishing the hardwood floor on the main level of the fitness area
- buffing the hardwood floor in Group Fitness Studio A

- repairing/repainting the walls
- replacing the carpet, sinks, and counters in the men's locker room
- replacing the carpet in the Café, in the seminar rooms, and down the hall on the second floor
- replacing both of our 12-lead graded exercise testing equipment
- upgrading our network for building-wide WiFi
- replacing and adding exercise equipment.

Membership dues and user fees for programs and services are held to a level that keeps the Centre accessible to the community. They cannot completely cover the cost of maintenance and upgrades needed to look after our home. Financial support for these projects is provided through the Reh-Fit Foundation's efforts.

REMINDER

I was overweight and out of shape and I really wanted to try and change that. Moms always put themselves last! Because of the blood work I had done there, I found out I had a health issue that I was unaware of. Joining the Reh-Fit was the best choice of health facility I could have made.

—Kelly Kluger

FINANCIAL HIGHLIGHTS

REH-FIT FOUNDATION



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 2016/17 was \$657,989, an increase of \$30,601 (4.9%) over last year. Included in revenue is a gift from the Centre to the Building and Equipment Fund which at \$350,000 is \$30,000 less than last year. There was \$3,454,310 in net funds under management in the Building and Equipment Fund at March 31, 2017.

There was an additional donation made to the Mildred Lucky Educational Enhancement Fund bringing the total Endowment Funds under management to \$63,645.

After providing a gift to the Centre of \$213,408, the Foundation was left with \$3,600,269 in net funds at March 31, 2017 to steward.

Finance and Investment Committee

Gary Pachal, CPA, CA, *Chair & Treasurer*

Tom Dooley

Chris Medland

Terry Parsonage, CFA

Jim Smith, FCPA, FCA, CA-IFA, CFF

INDEPENDENT AUDITOR'S REPORT ON THE SUMMARIZED FINANCIAL STATEMENTS

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

The accompanying summarized financial statements, which comprise the statement of financial position as at March 31, 2017, and the 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. for the year ended March 31, 2017. We expressed an unmodified audit opinion on those financial statements in our report dated June 6, 2017.

The summarized financial statements do not contain all the statements and disclosures required by the Canadian accounting standards for not-for-profit organizations. Reading the summarized financial statements, therefore, is not a substitute for reading

the audited financial statements of Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.

Management's Responsibility for the Summarized Financial Statements

Management is responsible for the preparation of a summary of the audited financial statements on the basis described in the Note to the summarized financial statements.

Auditor's Responsibility

Our responsibility is to express an opinion on the summarized financial statements based on our procedures, which were conducted in accordance with Canadian Audit Standard (CAS) 810, 'Engagements to Report on Summary Financial Statements'.

Opinion

In our opinion, the summarized financial statements derived from the audited financial statements of Manitoba Cardiac Institute (Reh-Fit) Foundation Inc. for the year ended March 31, 2017 are a fair summary of those financial statements, on the basis described in the Note to the summarized financial statements.

BDO Canada LLP

Chartered Professional Accountants
Winnipeg, Manitoba
June 6, 2017

MANITOBA CARDIAC INSTITUTE (REH-FIT) FOUNDATION INC.

Note to the Summarized Financial Statements

For the year ended March 31, 2017

Basis of Summarized Financial Statements

Management is responsible for the preparation of summarized financial statements. The summary presented includes only the summarized statement of financial position and the summarized 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, 2017 are available at Manitoba Cardiac Institute (Reh-Fit) Inc.

Board of Directors 2016/17



reh-fit
centre
Foundation

Susan Boulter, *Chair*
Deepak Joshi, *Vice-Chair*
Gary Pachal, CPA, CA, *Treasurer*
David Horne, *Secretary*
Scott Bailey

J.D. Boyd
Barry Brown
Mike Hicks
Joanna Knowlton
Kent Magarrell

Bruce Mazur
Kevin McCulloch
Mike Sampson
David Thompson, CPA, CA
Neil Trenholm

Charitable Registration Number
87046 0540 RR0001

Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.

SUMMARIZED STATEMENT OF FINANCIAL POSITION - As at March 31

	General Fund	Endowment Fund	Building and Equipment Fund	Administration/Operations	2017	2016
ASSETS						
Current Assets	\$174,649	\$64,770	\$3,454,310	\$-	\$3,693,729	\$3,334,233
Interfund Balances	(1,760)	(1,125)	-	2,885	-	-
	\$172,889	\$63,645	\$3,454,310	\$2,885	\$3,693,729	\$3,334,233
LIABILITIES AND FUND BALANCES						
Current Liabilities	\$93,460	\$-	\$-	\$-	\$93,460	\$95,646
Fund Balances						
Restricted	-	63,645	3,454,310	-	3,517,955	3,144,887
Unrestricted	79,429	-	-	2,885	82,314	93,700
	\$79,429	\$63,645	\$3,454,310	\$2,885	\$3,600,269	\$3,238,587
	\$172,889	\$63,645	\$3,454,310	\$2,885	\$3,693,729	\$3,334,233

SUMMARIZED STATEMENT OF OPERATIONS AND CHANGES IN FUND BALANCES - For the year ended March 31

	General Fund	Endowment Fund	Building and Equipment Fund	Administration/Operations	2017	2016	% of 2017 Total
REVENUE							
Donations	\$119,939	\$6,516	\$-	\$-	\$126,455	\$68,103	19%
Fundraising Events and Direct Mail	164,699	-	-	-	164,699	162,580	25%
Gift from Manitoba Cardiac Institute (Reh-Fit) Inc.	-	-	350,000	-	350,000	380,000	53%
Investment Income	382	271	16,182	-	16,835	16,705	3%
	\$285,020	\$6,787	\$366,182	\$-	\$657,989	\$627,388	100%
EXPENSES							
Total Fundraising and Administrative Expenses	\$71,143	(\$99)	\$-	\$11,855	\$82,899	\$93,964	
Excess (Deficiency) of revenues over expenses before gift allocation	\$213,877	\$6,886	\$366,182	\$(11,855)	\$575,090	\$533,424	
Gift to Manitoba Cardiac Institute (Reh-Fit) Inc.	213,408	-	-	-	213,408	147,930	
Excess (Deficiency) of revenues over expenses	\$469	\$6,886	\$366,182	\$(11,855)	\$361,682	\$385,494	
Fund Balances, beginning of year	90,815	56,759	3,088,128	2,885	3,238,587	2,853,093	
Transfers to fund operations	(11,855)	-	-	11,855	-	-	
Fund Balances, end of year	\$79,429	\$63,645	\$3,454,310	\$2,885	\$3,600,269	\$3,238,587	

DONATIONS

2016-17	\$126,455
2015-16	\$68,103
2014-15	\$162,629
2013-14	\$73,383
2012-13	\$63,398

GIFT FROM THE CENTRE TO BUILDING AND EQUIPMENT FUND

2016-17	\$350,000
2015-16	\$380,000
2014-15	\$663,105
2013-14	\$350,000
2012-13	\$500,000

NET FUNDRAISING EVENTS AND DIRECT MAIL PROCEEDS

2016-17	\$93,556
2015-16	\$82,197
2014-15	\$83,753
2013-14	\$79,638
2012-13	\$76,813

GIFT TO THE CENTRE

2016-17	\$213,408
2015-16	\$147,930
2014-15	\$240,353
2013-14	\$147,489
2012-13	\$138,707

2016/17 DONORS, FUNDERS, AND SUPPORTERS

The Reh-Fit Centre and the Reh-Fit Foundation would like to thank our donors and funders for your generous gifts and significant contributions this year. We would also 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 advise us at 204-488-9325.

DONORS & FUNDERS

\$25,000 TO \$50,000

INDIVIDUALS

Harold and Verdeen Neufeld
Jim Wallace

\$5,000 TO \$24,999

INDIVIDUALS

The Estate of Heather Barclay Perry Ewach
Mildred I. Lucky

COMPANIES/ORGANIZATIONS

Great-West Life Assurance Company

\$2,000 TO \$4,999

INDIVIDUALS

Ron and Adele Balak
Barry and Lynda Brown
The Estate of Gaylord Gordon Gorringer
Albert and Susan Krahn
Jack and Zina Lazarek
Gary Pachal
J. Derek Riley

COMPANIES/ORGANIZATIONS

Wawanesa Insurance

\$1,000 TO \$1,999

INDIVIDUALS

Anonymous (1)
Scott Cale
George and Laura Clark
David and Dianne Horne
Kristy Krahn
Cliff Lazarek
Kevin McCulloch
The Hon. Mr. Justice Michel Monnin
John and Bev Schubert

COMPANIES/ORGANIZATIONS

Confidence Management Ltd.
Investors Group
Investors Group Matching Gift Program

\$500 TO \$999

INDIVIDUALS

Anonymous (1)
Al and Kerry Bartlett
Sue and Mark Boreskie
Rossana Buonpensiere
Margaret Chinn
Don and Mary Hanson
Gregg and Mary Hanson
Mike and Pamela Hicks
Ken Holland
Alexandra and Roger King
Joanna Knowlton
Ken Lee
Kent Magarrell
Bruce Mazur
Judy and Mickey Murphy
Irene Ostapowich
Richard Prince
Michael Sampson
James J. Smith
Barbara Rae Spear
Neil Trenholm
Bob and Audrey Vandewater

COMPANIES/ORGANIZATIONS

Assante Wealth Management - Scott Cale
The Canada Life Assurance Company
Ladco Company Limited
NYSE Euronext Foundation
Matching Gifts Program
St. Boniface Hospital Corporate Office

\$250 TO \$499

INDIVIDUALS

Anonymous (5)
Charlie and Judy Albani
Beryl Bingham
Joan Blight
Susan Boulter and Myron Pawlowski
Drs. Bruce and Karen Boyd
Wanda Burns
Janet and Jerome Cranston
George Dampousse
Martin Gerrard
Patrick and Mariette Harrington
Claire and Gerald Jewers
Deepak Joshi
Janeen Junson
Patricia Kloepfer
Arun and Durga Ogale
Shirley A. Richardson
Neil and Bev Taylor
David Thompson
Marianne Wawrykow and Chris Kowal
Werner Wiebe

COMPANIES/ORGANIZATIONS

Sandyhook Publishing

\$100 to \$249

INDIVIDUALS

Anonymous (13)
Neil and Shirley Almdal
Vince Barletta
Douglas Bell
J.D. Boyd
Dr. R. Boyd and Karin Boyd
Diane and Bob Brown
Pamela Brown
Patricia Clapa
Patricia A. Coleman
Ian and Donna Dickson
Jim and Evelyn Dixon
Thomas P. Dooley
Helene Dyck
Alice Dyna and Michael Bager
Evelyn Fryatt
Bernice Furlong
Lorraine Gibbs
Trish Gibson
Sally Gillet
Hugh and Elaine Goldie
Matthew Guberman
Belva and Donald Gutkin
Janet Handel

Jeremy and Laurel Harrison

Janet Heming
Arlene Hints
Craig Johnston
Donna Johnson Bishop and Michael Bishop
Rhoda Keynes
Georges Kirouac
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J. Keith Knox
Stan Kowalski
Stefan and Christine Kristjanson
Patricia Ledger
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James Robson
Wendy Rudnick
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Linda-Ann Sturgeon
K. M. Taylor
Doris Tibbs
Dr. Francisco Violago
Vince Warden
Gordon and Eleanor Wiebe
The Winnipeg Foundation -
Wu Family Endowment
Elgin Wolfe
Dave Wright and Gail Wylie
Stephen Wright and Eileen Askew
Ted and Josephine Wright
Jack and Joyce Yellowlees

COMPANIES/ORGANIZATIONS

All Charities Campaign
ARCCADD Architecture Inc.
BMD Services
CIBC - Jason Stefanson
Coughlin Insurance Brokers
Glenat Duxbury Interior Design
HTFC Planning & Design
Legacy Bowes Group
Magnifico Communications

SUPPORTERS

The Reh-Fit Centre and the Reh-Fit Foundation thank the following supporters who made a significant contribution to our various events this year.

All Seniors Care Living Centres Inc.
Aon Reed Stenhouse Inc.
Bayview Construction Ltd.
BDO Canada LLP
BDR Services
Bird Construction
Bockstael Construction Limited
Borland Construction
Brandt Tractor
Canadian Footwear
Cardiac Health Foundation of Canada
Costco Wholesale
Coughlin Insurance
Cowin Steel Co. Ltd.
Diamond Athletics Medical Supplies
Diva Lingerie & Swimwear
Duraco Windows
Freeman Audio Visual
Gerry Gordon Mazda
InfoTech Inc.
Investors Group
Johnson Waste Management
Johnston Group Inc.
KPMG LLP
Lafarge Canada
Manitoba Liquor and Lotteries Corporation
Manitoba Public Insurance
Maple Leaf Construction Ltd.
Marsh Canada
McCaine Electric Ltd.
MicroAge Manitoba
Minuk Denture Clinic
MNP LLP
The Parkway Retirement Community
Paul's Hauling Ltd.
Popeye's Supplements
The PR House
Prairie Trails Physiotherapy
& Sports Injury Clinic
The Prolific Group
The Quark Group
RANA Respiratory Care Group
RBC Convention Centre Winnipeg
Rossmere Landscaping
Shelter Canadian Properties
Sobeys Pharmacy
Subterranean (Manitoba) Ltd.
TDS Thompson Dorfman Sweatman LLP
Tom Powell Design
Toromont Cat
Usana - John Cunningham
Vita Health Fresh Market/Innotech
Nutrition Solutions
Wawanesa Insurance
Winnipeg Airports Authority

Reh-Fit
**LEGACY
SOCIETY**

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

- Margaret Barbour
- David Holt
- David Newman
- Dennis Dueck
- Bernice Mayne
- Gail Singer
- Tom Dooley
- Harold Neufeld
- Dan Torbiak



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.

Vision

To be the leader in building community health.

Core Values

Integrity
Professionalism
Evidence
Caring
Innovation

Foundational Pillars

Program Excellence

Results-based, innovative, and client-centred health and fitness programs and services delivered by professional staff in a first-class facility with state-of-the-art equipment.

Service Excellence

Warm and welcoming environment where individuals are valued and supported in meeting their personal goals and in making the most of the Centre's full range of resources.

Organizational Excellence

Governance and staff team dedicated to effective and efficient operations, continuous improvement, capacity-building and collaboration, and financial stewardship.



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

