

A photograph of an elderly couple embracing outdoors. The man, on the left, has a white beard and is wearing a blue jacket. The woman, on the right, has brown hair and is wearing a dark jacket over a blue top. They are both smiling broadly. The background shows trees and foliage, suggesting a park or natural setting. The image is framed by a red border on the left and bottom.

STEPS FORWARD
MAKING ACTIVE LIFESTYLES
THE NORM

ANNUAL REPORT
2017/18

REHFIT
CENTRE

REHFIT
FOUNDATION

INSIDE

Exercise is medicine. It's the best prescription for preventing chronic disease, and we all know it. But most of us don't do enough. Reh-Fit has always focused on helping Manitobans live healthier, more active lives. We are taking bold new steps toward a Health and Wellness Campus that will help us do even more. More room and more programs and services for the growing number of Manitobans who want better care for the one body they have for life.

02 SAVING LIVES SINCE '79 WITH EVERY STEP, LEADING THE WAY

Since the beginning, Reh-Fit has taken an innovative approach to building community health.

03 THE 5TH VITAL SIGN THE PATH TO THE FUTURE

Health care providers are helping us carve the path to the future by measuring patients' physical fitness and prescribing exercise at Reh-Fit.

04 REH-FIT INFLUENCERS STEPPING ONTO THE STAGE

We're stepping up and speaking out to inspire others with our message that exercise is medicine.

06 STEPS FORWARD MAKING ACTIVE LIFESTYLES THE NORM

We have a bold vision and an ambitious plan. Over the next 10 years, we will expand and renew Reh-Fit to engage more Manitobans in health and wellness like never before.

08 NEW KNEE > MOVEMENT IS KEY POST-OP TOTAL KNEE REHAB EXERCISE PROGRAM

Reh-Fit professionals inspire a post-surgical patient to push through the pain.



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MESSAGE FROM CEO AND CHAIR



As Reh-Fit approaches our 40-year anniversary, we'd like to take a moment to reflect on the milestones and the innovative initiatives that have been the driving force behind Reh-Fit's success.

Innovation does not happen by doing what everybody else does. It is the application of new solutions to meet changing needs. The field of disease prevention and management is changing quickly and, as a result, Reh-Fit is constantly seeking and enacting creative and effective solutions.

As Reh-Fit grew to our current 86,000 square foot facility, which serves over 4,500 members and over 3,500 non-members annually, innovation became embedded in our mission, vision, and core values.

Reh-Fit was innovative when we introduced the first community-based Cardiac Rehabilitation program in 1979. Reh-Fit was innovative when we were one of the first fitness facilities to have defibrillators, which have been used to save lives at the Centre. Reh-Fit was innovative when we became Canada's first medically-certified fitness facility.

**INNOVATION DOES NOT
HAPPEN BY DOING WHAT
EVERYBODY ELSE DOES /**

Every day, Reh-Fit takes steps toward becoming the Health and Wellness Campus we envision for our future. In the past year, these steps have included adopting a new logo and visual identity for the Centre, introducing the first community-based Post-Op Total Knee Rehabilitation program, and creating a health care referral program to help more people in the community start living a healthier, more active life.

As we look to the future, Reh-Fit will continue to innovate and make a difference in the lives of our members and our community.

Thank you to all those who choose Reh-Fit, to our partners, our exceptional staff and volunteers, the Reh-Fit Centre Board of Directors and committees, and the thousands of Manitobans who support our efforts to meet their needs.

Sincerely,

A handwritten signature in black ink that reads "Boreskie".

Sue Boreskie
CEO,
Reh-Fit Centre



A handwritten signature in black ink that reads "Scott Bailey".

Scott Bailey
Chair,
Reh-Fit Centre
Board of Directors

SAVING LIVES SINCE '79

Nearly four decades ago, a few bold doctors thought that physical activity might be good for their patients. Those forward-thinking doctors opened the Reh-Fit and proved they were right. Physical activity is good for all of us and it's one of the most important things we can do for our health. The Reh-Fit's core belief—that exercise is medicine—has always set us apart.

When Reh-Fit began offering our Cardiac Rehabilitation program, it was the first of its kind in Canada. Since then, the Cardiac Rehabilitation program has saved and enhanced the lives of an estimated 20,000 people living with heart disease.

Professionally Trained Staff

The Centre has grown to offer a range of physical activity and education programs to help those with chronic health issues find a new lease on life. In contrast to commercial fitness centres, Reh-Fit offers expert guidance and education on physical activity, nutrition, and other aspects of healthy living from certified, professionally trained staff, including:

- Physicians
- Nurses
- Dietitians
- Physiotherapists
- Kinesiologists
- Athletic Therapists.

Building More than Muscle

Besides building muscles, we work to build stronger communities, healthier families, and a culture where active lifestyles are the norm.

Our programs suit a wide range of abilities from those just beginning their health and fitness journey to seasoned exercisers who are among the fittest of the fit. Exercisers enjoy the benefits of individual attention combined with the motivation that comes from being part of a community.

Highest Standards

In May 2012, the Reh-Fit Centre was recognized as Canada's first certified medical fitness facility. The Medical Fitness Association seal of approval assures consumers that a 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 Centre and Reh-Fit Foundation are also accredited under Imagine Canada's Standards Program, a Canada-wide set of shared standards for charities and non-profit organizations. Both the Centre and Foundation were among the first 40 organizations accredited. Accreditation assures our donors, funders, and the public 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.

20,000



Estimated #
of lives saved
and enhanced
by the Cardiac
Rehabilitation
program



Medically-
certified fitness
facility in Canada



HEALTH CARE CONNECTIONS

Reh-Fit is known to virtually all Manitoba MDs, and in fact is famous nationally as the leading facility in the country that has married fitness to health in a functional way. /

“It is an award-winning, state-of-the-art organization—that was started in a very humble way years ago by the vision of a few pioneers in thinking about health and fitness—that has become the first facility of its type in Canada. It is now a research centre, a model of collaborative care, an education centre, and a health promoter without peer in the community.”

—RICHARD BLOUW MD, CCFP, FCFP
 Medical Lead, Access Fort Garry
 Assistant Prof. (Family Medicine), U. of Manitoba

THE 5TH VITAL SIGN THE PATH TO THE FUTURE

Reh-Fit and Manitoba health care providers are working together to use exercise as medicine. With our support, a growing number of health care providers are treating physical activity as a vital sign and prescribing exercise to help Manitobans live longer, healthier lives.

How It Works

Doctors and other health care providers such as nurse practitioners measure their patients’ minutes per week of physical activity to determine if they meet the minimum requirements. Informed of our programs and services, they refer patients to Reh-Fit, where our professionally trained staff help them:

- Identify and overcome the barriers to being more physically active
- Manage and reduce their health risks, such as heart attacks and strokes
- Reduce or eliminate the need for prescription medications.

Medical Advisory Committee

- Dr. Amarjit 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 Padeanu
- Dr. Sepideh Pooyania
- Dr. Mike Routledge
- Dr. John Wade
- Dr. Stephen Wong

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VITAL SIGNS

1
 Temperature



2
 Pulse
 (heart rate)



3
 Breathing
 Rate



4
 Blood
 Pressure



5
 Physical
 Activity Level
 (minutes per week)



150 420
 Minimum requirements
 (adult and child)

Medical Guidance

Dr. Thang Nguyen began at Reh-Fit in 2014 and advises us on our Cardiac Rehabilitation program and emergency policies and procedures at the Centre. Dr. Nguyen graduated from the University of Manitoba with a Bachelor of Science and Medical Doctorate. He also completed his Internal Medicine and Cardiology fellowship training at U of M. Dr. Nguyen then spent one year at St. Michael's Hospital in Toronto, ON for further training in Cardiac Rehabilitation and Secondary Prevention and Lipid Disorders. Currently, he is practicing at St. Boniface Hospital in the Department of Cardiology on inpatient and outpatient services.

The Reh-Fit Centre's Medical Advisory Committee, consisting of 14 physicians from a range of specialties, points out gaps and opportunities in community health and fitness programs that we could fill. This committee meets twice per year at the Centre and acts in an advisory capacity to the Reh-Fit on best practice guidelines for clinical programs and services.

My Health Team

The Reh-Fit is part of the Fort Garry/River Heights My Health Team. My Health Teams were created by the Manitoba government to leverage and enhance existing services to offer people in the community more coordinated and comprehensive care. For the people in the community, health teams mean having a team that works with them to help manage and track their care in a coordinated way, having professional assistance in connecting with the right health service provider or community resource, and spending less time arranging appointments or repeating medical history. Reh-Fit has always focused on providing the

highest quality of service to the community, and our inclusion on the Fort Garry/River Heights My Health Team is doing this more effectively.

Electronic Medical Records/eChart

Reh-Fit is part of a provincial initiative to improve patient care. We use Electronic Medical Records, which contain a client's medical history, as well as eChart, a secure, private lifetime record of a client's health history for a consolidated view of their health information. Using this system means reducing time spent searching for records, ensuring essential information is highlighted through use of automated reminders or flags, and providing easier observation of trends and patterns in the health of a client.

Partnerships

Partnerships are a staple of our program delivery. This past year, we helped build community health by partnering with many organizations, including:

- CancerCare Manitoba
- Exercise is Medicine™ Canada
- My Health Team - Fort Garry/River Heights
- Winnipeg Regional Health Authority
- The Arthritis Society - Manitoba/Nunavut
- Manitoba Renal Program
- Prostate Canada.

For example, CancerCare Manitoba believes in treating the whole person, not just the disease, and that includes the patient's journey and outcomes through physical activity during and after cancer treatment. Our partnership with CancerCare Manitoba involves the Moving Forward After Cancer program with Reh-Fit facilitating the physical activity component of the program. Over the past five years, close to 500 people have been helped through this partnership.

REH-FIT INFLUENCERS STEPPING ONTO THE STAGE

Reh-Fit employees are often asked to make presentations or to be present at a booth to speak directly to health care professionals about our learnings from the Centre. Reh-Fit staff have presented at Grand Rounds, which are meetings of physicians where they discuss current or interesting clinical cases, on topics such as Cardiac Rehabilitation and Exercise is Medicine™. Our employees have also coordinated lunch and learns with health care

providers in the community to discuss our chronic disease management programs.

Our staff work one-on-one with clients, so they are able to provide detail about results and outcomes that demonstrate Reh-Fit's programming expertise. Reh-Fit also has 40 years of experience in helping people prevent and manage disease, which adds to our credibility with health care providers.

INNOVATIVE ROOTS > INNOVATIVE FUTURE

In January 2017, the Reh-Fit Centre Board of Directors approved a 10-year vision that outlines our path to becoming a Health and Wellness Campus.

The Reh-Fit Centre is a national leader in medical fitness. As Canada’s first medically certified centre and a leader in building community health, we must continue to innovate. The 10-year vision is helping us meet this challenge by serving as a guide for future initiatives. It is an evolving playbook that documents the 10-year outlook, describes potential initiatives, and presents their rationales.

While following the path set out in the 10-year vision, the Reh-Fit will continue to evolve, altering our course as we monitor and adjust in relation to changes in the world of health and technology, and in the lives of those who visit the Centre.



The Right Care at the Right Time

Over the coming decade, we will enhance and expand Reh-Fit into a Health and Wellness Campus—a one-stop shop of health and wellness organizations that connects Manitobans to a broad team of health care professionals, bringing them the right care they need, quickly and efficiently.

The Role of Physical Activity

Our innovative approach to health and fitness will help people of all ages by providing better access to a wide range of programs and services that will help them develop, plan, and manage their personal health and wellness needs. We are building the health of our community by showcasing the critical role physical activity plays in our everyday lives.

Our Vision

Reh-Fit’s vision of the future includes:

- Showcasing a modern-day brand with clear messaging to describe the Reh-Fit Centre
- Enhancing and expanding our programs and services to continue to help people get better every day
- Creating new partnerships and strengthening existing partnerships to share expertise and work together to improve the health of all Manitobans
- Developing consulting services to extend our knowledge and expertise beyond our doors
- Enhancing the facility to meet our industry standards of reinvestment in the physical assets of the Centre.

Reh-Fit Centre Board of Directors 2017/18



CENTRE

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

Matthew Guberman
Mike Hicks
Cliff Lazareck
Erinn Mah

Judy Murphy, FCPA, FCA
Nick Riediger
Betty Lou Rock
Wendy Rudnick

Charitable Registration Number 10765 9765 RR0001

STEPS FORWARD

MAKING ACTIVE LIFESTYLES THE NORM

The Health and Wellness Campus of tomorrow will continue the vision of today's Reh-Fit: to be the leader in building community health. The difference is that the Health and Wellness Campus will allow us to do more.

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

The Health and Wellness Campus will create an environment where inter-professional teams can continue to work together to help more Manitobans with more programs and services to meet their needs; improving individual care and encouraging regular, active living that improves quality of life and longevity.

Proximity will enable collaboration on:

- Progressive programs
- New initiatives
- Research
- Education.

The Campus will strengthen and enhance community health and focus attention on health and wellness. We will continue to help people manage chronic disease and rehabilitate from illness and injury, and we will also focus on prevention. We know exercise is the best prescription for good health, but most people do not do enough. Reh-Fit can teach people

how to build healthy lifestyle habits and make it easy for them to incorporate physical activity into their daily lives. Through the Health and Wellness Campus, we will help even more people live healthier, more active lives.

Rebranding

One of the steps called for in our 10-year vision was to rebrand. Through meetings with community stakeholders, we uncovered the need for an updated look that encompasses a broader view of rehabilitation, and more focus on prevention.

To move this initiative forward, we defined Reh-Fit's brand essence: the big idea that inspires the expression of the brand both internally and externally, and focuses on the brand itself. We also developed a brand story that outlines our essence.

In December 2017, we unveiled our new logo, tagline (One Body For Life), and brand identity, which we quickly applied to our website. The new site features a completely reimagined design that is bolder and cleaner with a more user-friendly organization. We improved the structure of our content so that visitors can get more from a quick read.

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

People who value personalized service from educated professionals and understand the benefits of research-based programming. People who want to make lasting, positive changes in their lives. And people who know that when we take care of ourselves, we're able to take better care of others.

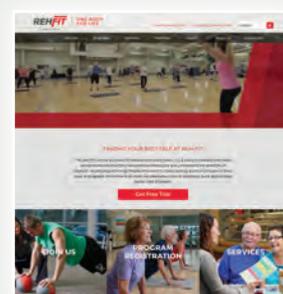
The same people who choose the Reh-Fit Centre also support our growth. So we can build on our success as Canada's first medically-certified health and fitness facility. So we can continue to make a difference for our members and our community.

—BRAND STORY, EXCERPT

REH-FIT
CENTRE

The new logo and brand identity reflect our evolving strategic vision and honour the exciting future of our world-class Centre.

The new website provides quality information that's easy to find.





Reh-Fit Post-Op Total Knee Rehabilitation Program

This treatment and exercise program is a model for the community services that the Health and Wellness Campus will offer – programs that will complement our evolving health care system.

In 2017, the Manitoba health care system announced that post-op knee and hip rehabilitation services would no longer be provided through hospitals. A need for a community-based rehabilitation program opened, and the staff at the Reh-Fit responded. In just a few weeks, our Post-Op Total Knee Rehabilitation program was up and running.



Our Post-Op Total Knee Rehabilitation program is for individuals who:

- Have undergone a total knee replacement
- Are one to two weeks post-op
- Are looking to continue their rehabilitation with a qualified health care professional (physiotherapists and kinesiologists) in a safe, motivating environment.

Participants begin with a physiotherapy initial assessment to determine their range of motion and level of function post-op. The assessment includes a review of their home exercise program and post-op risk factors.

Participants complete the exercise program either one-on-one or in a small group setting with exercises designed specifically for post-op total knee replacements. A physiotherapist, kinesiologist, and volunteer monitor each class to ensure that everyone's specific needs are being met.

NEW KNEE > MOVEMENT IS KEY

STAFF ENCOURAGED ME TO
PUSH THROUGH THE PAIN /

ONE BODY FOR LIFE



Marjorie Guertin had a total knee replacement and began her rehab at the Victoria Hospital. When that program was stopped, she was devastated. However, she soon learned the Reh-Fit Centre was planning a similar program to fill the community's need.

"I can't say enough good things about the Reh-Fit Post-Op Total Knee Rehab Program," Marjorie said. "The physiotherapists, kinesiologists, and volunteer staff were knowledgeable and extremely committed to aiding in my recovery. Knee rehab is brutal - ask anyone who has experienced it. The staff were sympathetic but encouraged me to push through the pain to achieve the results necessary for the needed mobility in everyday life."

The group exercise class involves a circuit using various pieces of exercise equipment and all participants are monitored closely by the staff and volunteers. She said the physiotherapist also monitored her range of motion, wound/scar, redness, adhesion of the skin as well as the swelling of her knee and leg.

"I encourage all post-op knee patients to take advantage of this wonderful program," she said. "I know I would not have been successful in my recovery had I just worked at it on my own. I took two weeks of vacation during the program at Victoria Hospital and did the exercises given to me after surgery. When I returned to the knee exercise classes at Reh-Fit, I learned my range of motion had decreased as well as my strength. But with the help of Reh-Fit's staff and volunteers, in only two classes after returning I was in proper range again."

Marjorie's steps to recovery include taking advantage of the private physiotherapy offered at Reh-Fit. She said it is truly amazing how much faster her recovery has moved along with this extra help.

"I could not have achieved the surgeon's goals for me in the time I did without the combination of the Post-Op Total Knee Rehab Program and the private physiotherapy offered at the Reh-Fit Centre," she said. "I am forever thankful to the wonderful staff and volunteers who rose to the need of the community during this time of health care restructuring."



Reh-Fit Exercise is Medicine Program

We created the Reh-Fit Exercise is Medicine program to encourage individuals who are leading a sedentary lifestyle to become more physically active and reduce their likelihood of chronic illness. Health care professionals take a patient’s physical activity vital sign. If the result is a prescription for physical activity, they refer them to this eight-week program. The Reh-Fit Exercise is Medicine program reminds participants that they have one body for life and shows them how to:

- Identify barriers to physical activity
- Develop strategies to overcome them
- Create good physical activity habits
- Increase physical activity in their daily lives.

The program begins with a health screening to determine baseline health and fitness measurements, followed by pre- and post-assessments. We send results of the pre- and post-assessments to the referring health care provider for their reference. Through Reh-Fit Exercise is Medicine, participants receive:

- Exercise guidance
- Daily access to the Reh-Fit Centre from 1:00 pm until close
- Weekly contact with one of our Health and Fitness staff.

The main goal of the Reh-Fit Exercise is Medicine program is to bring health care professionals and fitness experts together to help people lead healthier lives and improve the health of our community.

Partnerships

We were grateful to have received a grant from The Winnipeg Foundation to enhance and expand our Reh-Fit Exercise is Medicine program. The grant money will be used to reach out to more health care providers to educate them about our program and how it can benefit their patients. We also plan to take this program beyond the Reh-Fit so more people in our community will have access to our expertise. Reh-Fit will continue to build partnerships with community organizations and allied professionals, as this will be key to improving the health of our community.

TOP 3 REASONS TO ENJOY REH-FIT*

1

Facility/quality of the environment

2

Quality/quantity of fitness equipment

3

Professionally trained staff

*Reported by users through our ongoing surveys and feedback.

Facility Enhancements

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 building community health.

We continue to renew 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. We take steps every year to enhance our facility and upgrade our equipment to provide an environment conducive to helping people reach their health and wellness goals.

To keep in step with health and fitness trends and maintain our status as a world-class facility, we completed these main renovations:

Dedicated Physiotherapy and Athletic Therapy Spaces

This year, we grew our physiotherapy space and services to help even more Manitobans with their health and wellness needs. We reworked our large assessment area to add a physiotherapy clinic. Through some ingenious interior design techniques, we created a space that allows us to run two stress tests and provide physiotherapy treatment to two clients, all at the same time.

With the introduction of our physiotherapy clinic, we were also able to provide a dedicated space for our athletic therapist. As a result, more people are able to benefit from our athletic therapy services.

Dedicated Health Programs Space

Because our Post-Op Total Knee Rehabilitation program is conducted in a group setting, we needed a designated space where participants could exercise and be monitored by our physiotherapists, kinesiologists, and volunteers. Rehabilitation from a total knee replacement also requires certain exercise equipment that we didn't want to have to move every time the program needed it. As a solution, we decided to turn one of our existing seminar rooms into the Health Programs space.

Workspace Seating

Industry trends are showing that more people want to create a healthier work-life balance, and some people are taking their work out of the office and into community spaces. Our new workspace seating adds to the comfort of the member lounge and provides a relaxing place to work. The desk is ideal for working on a laptop, providing power adapter plug-ins and USB ports. This space provides a quiet place to work before or after a workout and allows our clients to fit both work and physical activity into their day.

Express Lockers

To provide more locker space for our members and users, we have added Express Lockers, which are located outside of the locker rooms and in the assessment area. These lockers are ideal for people who are coming to the Centre for an appointment or those who don't need to change their clothes. These lockers help ensure that everyone who comes to the Centre has a secure place to store their belongings.

Building Advisory Committee

John Schubert, *Chair*
 Bob Adkins
 Heather Cram
 Matthew Guberman
 Evan Johnston
 Martin Krawitz
 Greg Lamothe
 Jeff Palmer
 John Petersmeyer
 David Thompson



New Equipment

Reh-Fit has always been focused on providing state-of-the-art equipment and is often among the first fitness facilities to get the latest pieces.

The Queenax is a unique functional training system that optimizes results, intensity, and is primarily used for guided group workouts. As a free-standing system that can accommodate functional and suspended body weight training accessories, the open format allows the Queenax to be a hub for small group and training activities.

The addition of the Queenax allowed us to expand our fitness programming options. This past year, we began offering Team Training, which focuses on the team approach to fitness training. By connecting with others who share similar goals, participants experience support and belonging in a dynamic, motivating environment – and have a great time while doing it.

The SKILLMILL™ enables users to progress gradually from an early rehabilitation phase up to the highest level of sport-specific conditioning. Safe for all fitness levels, it helps:

- Restore and improve gait patterns
- Recover functional lower and upper body abilities
- Prevent chronic conditions
- Improve mobility.

The SKILLMILL™ is a vital piece of equipment for our rehabilitation programs and is also used in many fitness programs, including Team Training.

The TANK resists your efforts to accelerate and run faster, encouraging you to increase your power and stride frequency to make it move. A TANK workout:

- Is easy to get into
- Feels great
- Takes less time than existing aerobic and strength exercises.

We also added more kettlebells, two Vario ellipticals, two ClimbMills, benches for the weightroom, and the TRX Multimount. We know from client feedback that the quality of fitness equipment is important to our members, and these additions help the Centre maintain its status as a world-class facility.



RESEARCH

At Reh-Fit, we provide the opportunity to move research from the lab to the community. Reh-Fit is a unique research setting as it is community-based and provides access to participants and programming for a wide range of health and fitness levels. The Centre has the facility, programs, and staff to collaborate and conduct research studies related to most health and fitness dimensions.

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.

The Reh-Fit Centre hosts and collaborates on a variety of research studies. Applications are reviewed to ensure the studies are consistent with the Centre's mission and vision. Applications are also evaluated for ethics approval, Personal Health Information Act compliance, adequate funding, and equipment and staff requirements.

This past year, we began working with Dr. Alan Katz on an empirical study of regular exercisers over the past 10 years to compare activity levels with incidence of heart attack, depression, diabetes, and other diseases. If the data support the hypotheses that people who exercise more demonstrate better health, it would be the first population-based study with objective evidence to show that exercising regularly actually makes a difference.



"I am a believer in the value of exercise as a health intervention. This is an innovative approach to study the outcome of exercise over time and what this could mean for the health care system."

—DR. ALAN KATZ,
DIRECTOR, MANITOBA CENTRE FOR HEALTH POLICY



REACHING OUT TO THE COMMUNITY

With a goal of building community health, Reh-Fit continues to host a variety of educational sessions and events that deliver the latest information on health and fitness. These seminars, health screenings, and programs spread awareness in the community about the importance of physical activity and provide people with the tools they need to change their behaviour and start living healthier, more active lives. We also provide a valuable learning experience to post-secondary students through our student placements.

Education Seminars

Addresses the common concerns in health, fitness, and nutrition talked about in today's society.

Health Screening Clinics

Identifies risks of developing a variety of chronic diseases or conditions.

Live Healthy Speaker Series

Provides information about a range of chronic disease prevention and management topics from high profile speakers in the health and wellness industry.

MedTalks Presentations

Offers stimulating, interactive lectures on timely health and wellness issues by acclaimed physicians from the University of Manitoba Max Rady College of Medicine, Rady Faculty of Health Sciences.

Exercise is Medicine™ Month

Explores the finding that physical activity is unparalleled in its ability to prevent and treat chronic disease. A combination of educational programs on the benefits of exercise and fitness challenges help reinforce the importance of 150 minutes of moderate intensity physical activity a week for health benefits.

Active Aging Week

Teaches seniors how they can get active, stay active, and access helpful resources in our community. Our professional staff help people get on the path to achieving their health and fitness goals, regardless of their age.

Smart for Your Heart

Explores how to prevent and manage cardiovascular disease, the world's leading killer, through smart heart programs, screening clinics, and educational workshops.

Community Health Fair

Provides a great opportunity to learn about health resources in the community and meet with representatives from various community health organizations.

Specialized Programs to Manage Chronic Conditions

Provides access to prevention and management programs to help you self-manage your condition, such as Stroke Exercise, Moving Forward After Cancer, and People with Arthritis Can Exercise.

Student Placements

The Reh-Fit hosts student placements from academic institutions to help students gain practical experience in their field of study. In 2017/18, we hosted 10 student placements.

Fully Accessible

We offer a wide variety of 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.

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 \$203,664.

Revenue

In 2017/18, revenue from all sources increased by \$291,247 (4.9%) with membership and user fees representing 53% of total revenue. Revenue from programs and ancillary services increased by \$249,741 (21.4%). Thanks to the generosity of donors and to the Foundation's Board and Committee fund raising efforts, the Foundation gifted \$150,664 to the Centre, a decrease of \$49,544 (24.8%) from the prior year. The Foundation's work helps to make the Centre and its services accessible to the community at large.

Expenses

In 2017/18, overall expenses increased by \$270,998 (4.7%) with compensation representing 45% of total expenses. Staff who directly deliver services to Reh-Fit's

members and guests account for 70% of total compensation. In keeping with the strategic framework of maintaining the Centre at a high level of repair and refurbishment, \$250,000 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*
 Catherine Kloepfer, FCPA, FCA
 Rob Rabichuk, CPA, CA, CBV, CF
 Rob Rose, CPA, CA
 John Schubert

Finance Committee

Wanda Burns, CPA, CA, *Chair & Treasurer*
 Patrick Hannah
 Erinn Mah
 Bruce Mazur
 Nick Riediger
 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, 2018 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, 2018. We expressed an unmodified audit opinion on those non-consolidated financial statements in our report dated June 4, 2018.

The summarized non-consolidated financial statements do not contain all the statements and disclosures required by the 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.

MANITOBA CARDIAC INSTITUTE (REH-FIT) INC.

Note to the Summarized Non-consolidated Financial Statements

For the year ended March 31, 2018

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

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 the Canadian Audit Standard (CAS) 810, 'Engagements to Report on Summary Financial Statements'.

non-consolidated statement of financial position and the summarized non-consolidated statements of operations and changes in net assets. It does not include any other schedules, the significant accounting policies and notes to the 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, 2018 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 4, 2018

Copies of the audited non-consolidated financial statements for the year ended March 31, 2018 are available at Manitoba Cardiac Institute (Reh-Fit) Inc.

Manitoba Cardiac Institute (Reh-Fit) Inc.

SUMMARIZED NON-CONSOLIDATED STATEMENT OF FINANCIAL POSITION

March 31	2018	2017
ASSETS		
Current Assets	\$2,003,724	\$1,986,116
Property and Equipment	8,041,548	8,506,063
	\$10,045,272	\$10,492,179
LIABILITIES AND NET ASSETS		
Current Liabilities	\$558,785	\$709,346
Memberships and Fees Paid in Advance	1,113,804	1,170,656
	1,672,589	1,880,002
Deferred Contributions	5,601,144	6,044,302
	7,273,733	7,924,304
Net Assets	2,771,539	2,567,875
	\$10,045,272	\$10,492,179

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

For the year ended March 31	2018	2017	% of 2018 Total
REVENUE			
Membership and User Fees	\$3,278,699	\$3,191,443	53%
Ancillary Services	903,058	720,565	14%
WRHA Service Purchase Agreement Funding	752,280	752,280	13%
Programs	511,590	444,342	8%
Gift From Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.	150,664	200,208	2%
Amortization of Deferred Contributions	443,158	448,989	7%
Other	174,625	165,000	3%
	\$6,214,074	\$5,922,827	100%
EXPENSES			
Compensation	\$2,698,810	\$2,513,065	45%
Amortization of Property and Equipment	770,152	762,580	13%
Facility and Operations	635,644	656,239	11%
Administrative	588,614	582,616	10%
Ancillary Services	561,213	479,553	9%
Gift to Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.	250,000	350,000	4%
Programs	272,281	214,938	4%
Membership and Marketing	233,696	180,421	4%
	\$6,010,410	\$5,739,412	100%
Excess of Revenue over Expenses	203,664	183,415	
Net Assets, beginning of year	2,567,875	2,384,460	
Net Assets, end of year	\$2,771,539	\$2,567,875	

MEMBERSHIP AND USER FEES

2017-18	\$3,278,699
2016-17	\$3,191,443
2015-16	\$3,240,041
2014-15	\$3,315,854
2013-14	\$3,118,804

ANCILLARY SERVICES AND PROGRAMS REVENUE

2017-18	\$1,414,648
2016-17	\$1,164,907
2015-16	\$948,900
2014-15	\$909,456
2013-14	\$893,447

GIFT TO FOUNDATION BUILDING AND EQUIPMENT FUND

2017-18	\$250,000
2016-17	\$350,000
2015-16	\$380,000
2014-15	\$663,105
2013-14	\$350,000

MESSAGE FROM FOUNDATION CHAIR



As the Reh-Fit Centre looks toward the future, I can't help but feel excited for what lies ahead. I imagine it's the same feeling my father had when he helped steward the creation of Reh-Fit almost 40 years ago. Throughout the years, I've seen first-hand how Reh-Fit has gone above and beyond to help people lead healthier lives. I'm inspired by the vision we have to help even more people in the community and look forward to working with the Foundation to make the Centre's vision a reality.



Fundraising

In 2017/18, the Reh-Fit Foundation raised \$230,774 through our Annual Giving Campaign and fundraising events. In keeping with the role of the Foundation, the funds will be used to provide financial sustainability for the Centre to support its mission to enhance the health and well-being of our community.

Our Annual Giving Campaign encouraged philanthropic gifts from both individuals and corporations and worked toward growing our sponsorship base and increasing our grant proposals. We also held three fundraising events: Cocktails and Comedy is a fun-filled evening featuring internationally renowned North American comedians. The Walk of Life enhances awareness of heart disease and raises funds in support of the Reh-Fit's cardiac services. At the Reh-Fit Golf Tournament, members and guests enjoyed 18 holes of golf at beautiful Bel Acres Golf & Country Club.

Planned Giving Educational Sessions

Through feedback received from various education sessions held at Reh-Fit, we found there was an interest among attendees to learn more about financial planning for the future. In response to this feedback, we created a Planned Giving Committee to organize a few educational sessions per year around planned giving.

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 Reh-Fit 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 for volunteering their time, skills, and energy to support the fundraising efforts of the Foundation.

Sincerely,

Susan Boulter
Chair, Reh-Fit Foundation

PLANNING FOR THE FUTURE

The Reh-Fit Foundation's purpose is to raise and steward funds to support the Reh-Fit Centre by inspiring people, organizations, and companies to contribute to the Centre's mission to enhance the health and well-being of our community.

The generosity of individual Canadians and their commitment to supporting the mission and vision of Canadian charities is the primary incentive to give and the basis for philanthropy. The current focus of the Foundation's fund development is building and nurturing the donor relationship. It is not just about the funds raised but the impact on the community that the donor makes through their donation. The Reh-Fit Foundation is focused on building a philanthropic culture so that donor relationships can thrive and survive.

Planning Sessions

The Centre is working to obtain the resources it needs to meet the 10-year vision's most ambitious development goals and bring the Reh-Fit's vision for the future into reality. A number of opportunities have sprung up over the past several months that align well with Reh-Fit's vision for the future and are prompting us to proceed with the plan.

To assist us in our preparation, we have enlisted the help of a group of strategic fundraising professionals in creating a fund development strategy for the 10-year vision. Throughout 2017/18, these professionals have been meeting with Reh-Fit staff as well as both the Reh-Fit Centre Board and Reh-Fit Foundation Board to gain an understanding of what Reh-Fit hopes to achieve in the next 10 years and advise the Centre and Foundation on the best way to succeed.

Reh-Fit Foundation Board of Directors 2017/18

REH FIT
FOUNDATION

Susan Boulter, *Chair*
Deepak Joshi, *Vice Chair*
Gary Pachal, CPA, CA, *Treasurer*
Kevin McCulloch, *Secretary*

Scott Bailey
J.D. Boyd
Barry Brown
Mike Hicks
Joanna Knowlton
Kristy Krahn

Kent Magarrell
Bruce Mazur
Wayne Rogers
David Thompson, CPA, CA
Neil Trenholm

Charitable Registration Number 87046 0540 RR0001



AREAS OF NEED

The Reh-Fit Foundation was created in 1999 to raise and steward funds in support of the Reh-Fit Centre. Physical activity plays a significant role in preventing diseases and improving chronic conditions, enhancing brain function, and contributing to greater independence as we age.

Reh-Fit holds an Annual Giving Campaign each year and hosts fundraising events.

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 and programs are also adding to overall costs.

Membership dues and user fees 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.

A gift to the Reh-Fit Foundation provides:

- 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 people 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 to help students gain practical experience in their field of study.

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.

Annual Campaign

Fundraising efforts include:

- Soliciting donations from members of the Reh-Fit Centre Board, the Reh-Fit Foundation Board, committee members, and Reh-Fit staff

- Soliciting donations from individuals, corporations, and foundations
- Soliciting donations from members and clients
- Raising funds through grants to help cover the cost of projects that enhance and expand programming and renew the facility
- Encouraging businesses in Manitoba to provide invaluable sponsorship support in making Centre initiatives possible
- Raising funds through events each year that attract a broad cross-section of the community.

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.

FINANCIAL HIGHLIGHTS

REH-FIT FOUNDATION



Results

Total revenue for 2017/18 was \$504,465, a decrease of \$153,524 (23.3%) from last year. Included in revenue is a gift from the Centre to the Building and Equipment Fund which at \$250,000 is \$100,000 less than last year. There was \$3,727,089 in net funds under management in the Building and Equipment Fund at March 31, 2018.

There was an additional donation made to the Mildred Lucky Educational Enhancement Fund bringing the total Endowment Funds under management to \$68,858.

After providing a gift to the Centre of \$150,664, the Foundation was left with \$3,870,594 in net funds at March 31, 2018 to steward.

Finance and Investment Committee

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

Tom Dooley

Chris Medland

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, 2018, 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, 2018. We expressed an unmodified audit opinion on those financial statements in our report dated June 5, 2018.

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.

MANITOBA CARDIAC INSTITUTE (REH-FIT) FOUNDATION INC.

Note to the Summarized Financial Statements

For the year ended March 31, 2018

Basis of Summarized Financial Statements

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Management's Responsibility for the Financial Statements

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Auditor's Responsibility

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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.

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, 2018 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 5, 2018

Copies of the audited financial statements for the year ended March 31, 2018 are available at Manitoba Cardiac Institute (Reh-Fit) Inc.

Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.

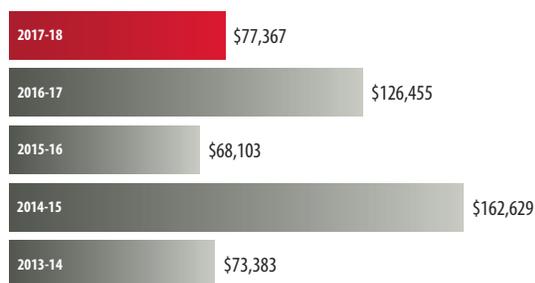
SUMMARIZED STATEMENT OF FINANCIAL POSITION

March 31	General Fund	Endowment Fund	Building and Equipment Fund	2018	2017
ASSETS					
Current Assets	\$191,110	\$70,432	\$3,727,089	\$3,988,631	\$3,693,729
Interfund Balances	1,574	(1,574)	-	-	-
	\$192,684	\$68,858	\$3,727,089	\$3,988,631	\$3,693,729
LIABILITIES AND FUND BALANCES					
Current Liabilities	\$118,037	\$-	\$-	\$118,037	\$93,460
Fund Balances					
Restricted	-	68,858	3,727,089	3,795,947	3,517,955
Unrestricted	74,647	-	-	74,647	82,314
	\$74,647	\$68,858	\$3,727,089	\$3,870,594	\$3,600,269
	\$192,684	\$68,858	\$3,727,089	\$3,988,631	\$3,693,729

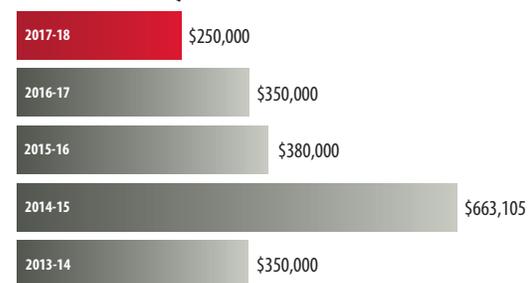
SUMMARIZED STATEMENT OF OPERATIONS AND CHANGES IN FUND BALANCES

For the year ended March 31	General Fund	Endowment Fund	Building and Equipment Fund	2018	2017	% of 2018 Total
REVENUE						
Donations	\$72,197	\$5,170	\$-	\$77,367	\$126,455	15%
Fundraising Events and Direct Mail	153,407	-	-	153,407	164,699	30%
Gift from Manitoba Cardiac Institute (Reh-Fit) Inc.	-	-	250,000	250,000	350,000	50%
Investment Income	446	466	22,779	23,691	16,835	5%
	\$226,050	\$5,636	\$272,779	\$504,465	\$657,989	100%
EXPENSES						
Total Fundraising and Administrative Expenses	\$83,502	\$(26)	\$-	\$83,476	\$82,899	
Excess (Deficiency) of revenues over expenses before gift allocation	\$142,548	\$5,662	\$272,779	\$420,989	\$575,090	
Gift to Manitoba Cardiac Institute (Reh-Fit) Inc.	150,215	449	-	150,664	213,408	
Excess (Deficiency) of revenues over expenses	\$(7,667)	\$5,213	\$272,779	\$270,325	\$361,682	
Fund Balance, beginning of year	82,314	63,645	3,454,310	3,600,269	3,238,587	
Transfers to fund operations	-	-	-	-	-	
Fund Balance, end of year	\$74,647	\$68,858	\$3,727,089	\$3,870,594	\$3,600,269	

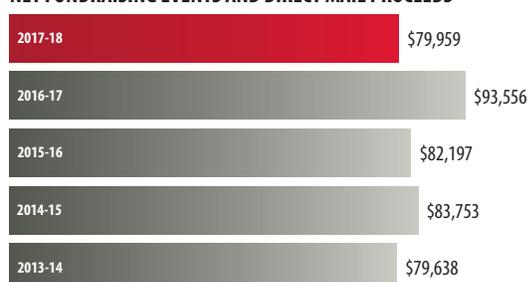
DONATIONS



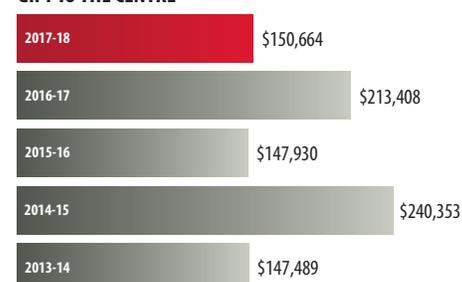
GIFT FROM THE CENTRE TO BUILDING AND EQUIPMENT FUND



NET FUNDRAISING EVENTS AND DIRECT MAIL PROCEEDS



GIFT TO THE CENTRE



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**

Jim Wallace

\$5,000 TO \$24,999**INDIVIDUALS**

Mildred I. Lucky

COMPANIES/ORGANIZATIONS

The Winnipeg Foundation

\$2,000 TO \$4,999**INDIVIDUALS**

Barry and Lynda Brown

Albert and Susan Krahn

Gary Pachal

COMPANIES/ORGANIZATIONS

Cardiac Health Foundation of Canada
Wawanesa Insurance

White Rose Foundation Inc. on behalf of
Cliff, Jack and Zina Lazarek

\$1,000 TO \$1,999**INDIVIDUALS**

Anonymous (1)

George and Laura Clark

June Dorothy Dutka

Garth Grieder, G & L Sales Ltd.

David Horne at the United Church of
Canada Foundation

Joanna Knowlton and Jim Tokarchuk

Kristy Krahn

Kevin McCulloch

The Hon. Mr. Justice Michel Monnin

Wayne Rogers and Susan Stobart

John and Bev Schubert

COMPANIES/ORGANIZATIONS

Confidence Management Ltd.

Investors Group

\$500 TO \$999**INDIVIDUALS**

Al and Kerry Bartlett

George J. Bell

Marjorie Blankstein, CM, OM, LLD

Dr. R.H. Blouw

Sue and Mark Boreskie

David Forgan

Don and Mary Hanson

Gregg and Mary Hanson

Mike and Pamela Hicks

Kent Magarrell

Bruce Mazur

Judy and Gordon (Mickey) Murphy

Harold and Verdeen Neufeld

Richard Prince

Norm and Sandi Promislow

Michael Sampson

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

Neil Trenholm

Bob and Audrey Vandewater

Dennis and Janet Woodford

COMPANIES/ORGANIZATIONS

Anthony Allan Office Furnishings

\$250 TO \$499**INDIVIDUALS**

Anonymous (5)

Charlie and Judy Albiani

Beryl Bingham

Susan Boulter and Myron Pawlowsky

J.D. and Sherry Boyd

P.M. Brown

Redmond Clarke

Janet and Jerome Cranston

George Dampousse

Martin Gerrard

Sally Gillet

Patrick and Mariette Harrington

Ken Holland

Frank and Donna Hruska

Claire and Gerald Jewers

Tasadduq Khan

Patricia Kloepfer

Jacqueline Mazur

Arun and Durga Ogale

Meredith Quark

Shirley A. Richardson

Betty Lou Rock

Neil and Bev Taylor

Nevin Shaw

Ron and Annitta Stenning

David and Laurie Thompson

Werner Wiebe

Eleanor Wiebe

COMPANIES/ORGANIZATIONS

Partners and Staff, Grant Thornton LLP

Silverwind Charitable Trust

\$100 to \$249**INDIVIDUALS**

Anonymous (19)

Bob Adkins

Susan and Ron Barsky

Douglas Bell

Dr. M.W. Billinghamurst

Louis Billinkoff

Sue Bishop

Marilyn Bourbonnais

Walt and Erna Braun

Diane and Bob Brown

Enid Brown

Grant and Mary Buchanan

Wanda Burns

David Christianson and Vera Steinberger

Ruth Clarkson

Valerie Cook

Murray Cormack

Lorri Dahl

Kwame Darko-Mensah

Martha de Ita

Jim and Evelyn Dixon

Thomas P. Dooley

Karen Dow

Robert Dryden

Alice Dyna

Tracy and John Einarson

Hazel Fisher

Bernice Furlong

Lorraine Gibbs

Patricia Gibbs

Barbara Guyot

Janet Handel

Jeremy and Laurel Harrison

Ron Hector

Janet Heming

Verla Hudson

Stanley Hyman

Deepak Joshi

Catherine and R. Brent Kerslake

Rhoda Keynes

J. Keith Knox

Joyce Kostesky

Stan Kowalski

Greg Lamothe

Sandra Larson

Patricia Ledger

Peter J. MacDonald

Brett and Cathy MacKinnon

John Mackintosh

Kent Magarrell

Erinn Mah

Marci Manness

Thomas McDonald

Julie and Jamie McPetrie

Arthur and Keiko Miki

Peter Miller

Vera Moroz

Joe Moskal

Nestor Mudry

David H. Olsen

Gim Ong

Shelley and John Page

Dean Parsons

Diana Pearce

Rick Pinchin

Gary and Norma Platford

Patti Regan

John and Doreen Reimer

Nicholas Riediger

Anne-Marie Rigaux

Wendy Rudnick

Raymond and Penny Savard

Alan Scramstad

William Shepherd

L. Shropshire

Suzu Siemens

Rob and Karyn Sinopoli

Lillian Smith

Curtis and Lee Solmundson

Angeline Soonawala

Stan Susinski

Don and Heather Talocka

K. M. Taylor

Doris Tibbs

Darrell Trask

Silvestre Urbano

Marianne Wawrykow and Chris Kowal

John Wiebe

The Winnipeg Foundation - Wu Family
Endowment

Dave Wright and Gail Wylie

Stephen Wright and Eileen Askew

Ted and Josephine Wright

Valerie Wright

Jack and Joyce Yellowlees

Jessie Zacharias

COMPANIES/ORGANIZATIONS

ARCCADD Architecture Inc.

Coughlin Insurance Brokers

Intergroup Consultants

The Metropolitan Entertainment
Centre

The PR House

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.

Assante Wealth Management -
Scott Cale

Bayview Construction Ltd.

BDO Canada LLP

The Berenhaut Preston Team -
Royal LePage

BF Workplace

Bird Construction

Bockstael Construction Limited

Brandt Tractor

Brightwater Senior Living

Canadian Footwear

Carrara Tile & Marble Ltd.

City Mix

Centre for Natural Medicine

Corporate Source Printing

Costco Wholesale

Coughlin Insurance Brokers

Cowin Steel Co. Ltd.

Diamond Athletic Medical Supplies

Diva Lingerie and Swimwear

Duraco Windows

Fillmore Riley LLP

Gerry Gordon Mazda

GFL Environmental

Glenat Duxbury Interior Design

InfoTech Inc.

J Hansen & Son Ltd.

Johnston Group Inc.

KPMG LLP

Ladco Company Limited

Lafarge Canada

Lisa Reid Audiology Hearing Centers

Manitoba Liquor and Lotteries
Corporation

Maple Leaf Construction Ltd.

Marsh Canada

MicroAge Manitoba

My Smaller Nest

Nelson River Construction Inc.

Popeye's Supplements

The PR House

Prairie Trails Physiotherapy and Sports
Injury Clinic

The Quark Group

Reidov Media

Revera Retirement Communities

River Heights Pharmacy

Shelter Canadian Properties

Sigurdson Financial Group Inc.

Sobeys - Unicity

Soul Comfort Sheep's Wool and Hemp
Subterranean (Manitoba) Ltd.

TDS Thompson Dorfman Sweatman LLP

The Paul Albrechtsen Foundation Inc.

Tom Powell Design

Torontom Cat

Usana Health Sciences -
John Cunningham

Wawanesa Insurance

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

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

