

“Walk On”

A fundraiser for the beautiful
MAYA DOVE

fun run



Maya and her family will be going to Sydney this year to attend an intensive 2 week program called “Walk On”. We would like to extend our support and help so the whole family can attend this rehabilitation program. Maya’s wonderful parents are Lucy and Pete Dove and are an inspiration to what makes a family a family. She has the most supportive and fun loving sisters and brother, Emily, Jack and Grace. I think it is absolutely necessary they can all share in this experience in Sydney and I hope you can all keep dates aside to participate in this wonderful fundraiser for Maya.

when Sunday March 6th
where Meet at Middle Kinglake Primary School
On the mountain range –
Meet at Middle Kinglake Primary School
Extons Road, Kinglake. Race will start
and finish here.

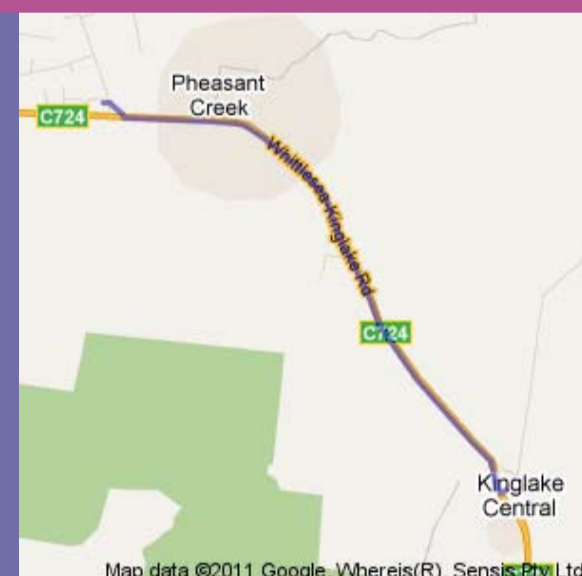
cost \$20
time 9am start. Arrive at 8.30am
route 5.2km - Start at Middle Kinglake Primary
school to Tooheys Road and back.
10km - Start at Middle Kinglake Primary
School to Pheasant Creek Fitness Centre at
33 Jorgensen Parade and back.

What is “Walk On”?

Walk On is a private rehabilitation program run by SCIA (Spinal Cord Injuries Australia) and is based on the Project Walk® program and methodology which has been operating in the USA since 1999. Walk On is an individually designed intensive exercise program designed to assist a person with a spinal cord injury to maximise their functional recovery. The program is delivered by specially trained Walk On therapists who work, at a minimum, one on one with a client. Often a client receives additional support during a session from a second Walk On Therapist and/or University students trained and supervised to be part of the program.

Walk On is based on the Dardzinski Method™ developed and operating at Project Walk® in the USA. Since its commencement in Australia, many Walk On clients have experienced significant practical and functional improvements which have had a major impact upon their quality of life.

- Extons Rd Kinglake Central VIC 3757
1. Head south-west on Extons Rd towards Whittlesea-Kinglake Rd (65 m)
 2. Turn right at Whittlesea-Kinglake Rd (4.6 km)
 3. Turn right at Jorgensen Parade
Destination will be on the right (230 m)
33 Jorgensen Parade
Kinglake West VIC 3757



To place your registration please email us at
info@pheasantcreekfitness.com.au
or for more info contact us on

5786 5966


PheasantCreek
Fitness Centre