



# HOW TO START YOUR DVA WELLNESS JOURNEY

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## VISIT YOUR GENERAL PRACTITIONER

In order for us to start exercise intervention you need a:

**VETERANS' AFFAIRS REQUEST/REFERRAL FROM LOCAL MEDICAL OFFICER (D904)**

Referral to:

My Inspiration Never Dies

A | 55 Governor Rd, Mordialloc VIC 3195

M | 0406 592 437

## CALL US

Speak to our team at My Inspiration Never Dies and book your Initial Consultation. We offer a number of session times throughout the week to suit every lifestyle.



## TRUST YOUR REHABILITATION VOYAGE WITH US

Now it's the hard part ... showing up. Covered by DVA, we offer veterans access to our services helping manage complex physical and mental trauma through movement, exercise programs, mindfulness, education, technology and sociology.

We provide a safe community for you to thrive.

