

# YOUR FUTURE WELL-BEING AT REH-FIT

WHAT YOU WANT &  
WHAT WE'RE EXPLORING

**REH**FIT **REH**FIT  
CENTRE FOUNDATION

**2023/24**  
**ANNUAL REPORT**



Reh-Fit has never been influenced by fleeting health and fitness fads. For 45 years we have been listening to research as well as feedback from members and program participants to help them achieve real-life results. As part of our 10-year vision plan, we asked the community, *what do you want from Reh-Fit?* This year, we've been exploring ways to meet future needs and fulfill your wishes for a centre of well-being.



## 2 8 Dimensions of Well-Being

Reh-Fit is focused on expanding the Centre to better nurture your whole health and enhance your overall quality of life.

## 4 What Paul Communicated to Me So Vividly Throughout the Years

Reh-Fit Centre CEO Sue Boreskie reflects on her 'design' conversations with the late Paul Albrechtsen. Discover why a collection of pictures of buildings and interiors inspired by Paul are on her mind today.

## 9 Live Longer & Live Better

George Steciuk says he feels better at age 87 than he did at 70. He shares how Reh-Fit got him moving toward a long, meaningful life. Meet George.

### Guiding Principles

Reh-Fit has developed guiding principles that provide direction and shape our decisions as we consider renovation/expansion options. We have highlighted several guiding principles throughout this annual report.

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The land on which we gather is located in Treaty One Territory, the traditional and ancestral lands of the Anishinaabeg, Ininiwak, Anishininewalk, Dakota-Oyate, Dene, and the national homeland of the Red River Métis.

# MESSAGE FROM THE CEO & CENTRE CHAIR

This year, Reh-Fit celebrated 45 years of finding innovative ways to meet the needs of Manitobans of various ages and fitness levels. Reh-Fit was never meant to be a typical fitness centre. We have always focused on service and organizational excellence, followed health and physical activity research, and developed innovative programs to help people make lasting changes in their health and well-being. Our decades-long success has taught us that it's essential to continue to grow to make sure we are there in ways Manitobans need us, today and into the future. We are delighted to announce that we are still planning an exciting future for our Centre and community.

## We asked you, what do you want?

Dreams of what the Reh-Fit Centre could be in the future began with our 10-year vision plan, which the Board approved in January 2017. That year we asked members what you wanted out of Reh-Fit. Your answers—from aquatics to more mind/body programs—showed us that your needs are evolving.

## Around the world, people want a better quality of life.

Your input has inspired our work as we've explored many possibilities for an expansion and renovation of the Reh-Fit Centre from a top-quality fitness facility to its next ideation as a world-class centre of well-being.

This report explains our exciting ideas for the future of Reh-Fit and what to expect as we work toward making our community's dreams come alive. Serving our community is paramount for us. Any redevelopment we undertake would expand on the excellence for which Reh-Fit is known, and is intended to be done without closing the Centre. We look forward to providing you with updated information in the coming weeks and months.

None of this would be possible without the generous support of donors, including The Paul Albrechtsen Foundation. Paul Albrechtsen provided the visionary and financial support allowing this major capital project to be further evaluated and planned.

For those of you who choose Reh-Fit as members, program participants, partners, generous donors, exceptional staff, and volunteers, we say thank you and welcome to the future.



*Sue Boreskie*

Sue Boreskie  
CEO, Reh-Fit Centre



*John Schubert*

John Schubert  
Chair, Reh-Fit Centre Board of Directors



# BE WELL

## What It Means Today. How It Is Changing Reh-Fit.

What it means to ‘be well’ is changing. Wellness used to mean the opposite of illness. Today, it is a way of life. Reh-Fit knows that nurturing your **ONE BODY FOR LIFE** means nurturing your mind, body, and spirit. Our community knows it too. We asked what you want and your answers confirm that you, too, envision a centre of well-being, where you can nurture your whole self in order to live life fully. We are focused on the eight dimensions of well-being as we explore ways to meet the current and future needs of our community.

**Guiding Principle**

Exude a sense of holistic well-being

### 8 DIMENSIONS OF WELL-BEING

Dimension	Reh-Fit is Exploring
<b>1 Physical</b> Caring for your physical body for life-long health	More recreation areas and new or enhanced spaces with a focus on aquatics, rejuvenation and recovery services, and strength training
<b>2 Social</b> Enjoying being with others and developing friendships	Inviting spaces throughout the Centre for members and program participants to gather and connect
<b>3 Emotional</b> Managing emotions and stress	Quiet, ambient, spaces—filled with plants, natural light, and views—to reflect and unwind
<b>4 Spiritual</b> Being in tune with who you are and what’s meaningful to you	
<b>5 Intellectual</b> Engaging in activities that stimulate your mind	Workshops and educational sessions to expand your knowledge
<b>6 Occupational</b> Enabling you to pursue work that is rewarding to you	Work areas to help you balance work and leisure, and function to your fullest
<b>7 Financial</b> Living within your means	Affordable memberships, programs, and services, and financial assistance to invest in your well-being
<b>8 Environmental</b> Being in pleasant spaces	A clean and comfortable environment that makes you feel good just by being here

# DREAMING YOUR FUTURE

## Exciting Possibilities

Reh-Fit has been listening to feedback from members, program participants, and the community, and exploring ways to fulfill your wishes for the future of Reh-Fit. Through surveys and discussions, we asked what new types of activities, programs, and services you would like to see offered at Reh-Fit and how Reh-Fit could provide you with a better experience. Reh-Fit is dedicated to evolving with the needs of our members and community, and exploring your suggestions is the latest step in that journey. Our Building Advisory Committee is carefully considering your suggestions and weighing their costs and benefits as they make recommendations to the Reh-Fit Centre Board of Directors. We will continue to update you along the way.

**We are carefully considering future trends, community suggestions and needs, and the costs and benefits of potential options.**



### We asked what you want. Here's what you told us:

Seven suggestions we are considering to enhance community well-being through improvements at Reh-Fit:

#### 1 Aquatic Area

Pool options such as lap pools, a hot tub, and warm water for aqua fitness.

#### 2 Quiet Spaces

Peaceful areas to rejuvenate, decompress, sit and relax, have a snack, and get work done.

#### 3 Strength Training

More space for free weights, functional training, and resistance machines.

#### 4 Better Views

More windows to let light pour in and a more welcoming outdoor space that's beautified with landscaping.

#### 5 Locker Rooms

Locker rooms that are more comfortable for diverse needs such as privacy, and room for mobility aids and support people.

#### 6 Recovery Services

Rejuvenating spaces for meditation and stretching, treatments such as massage therapy, hydro massage, percussive therapy, targeted vibration with foam rollers, one-on-one assisted stretching, cryotherapy, compression therapy, and infrared saunas.

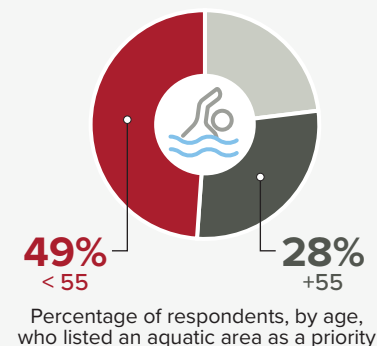
#### 7 Exercise Rooms/Spaces

More exercise rooms/spaces to expand Reh-Fit program offerings.



**Train smart and recover faster**  
Recovery services help you get ready for your next activity, recover from stiffness or soreness, help with an injury, or just feel good. They invite you to slow down and take care of yourself.

### Feedback Says



#### Other Priorities

##### Older

- Larger locker rooms
- More stretching areas

##### Younger

- Large area for resistance training
- Another private exercise room

##### Female

- More mind/body programs

### Guiding Principles

Offer flexible use of spaces  
Support equity, diversity, and inclusion

## VISIONARIES

### Helping Us Continue To Be Canada's Best



#### Honouring the Late Paul Albrechtsen

Reh-Fit CEO Sue Boreskie has been collecting photos over the years of interiors of buildings and designs that fit Paul Albrechtsen's vision of how Reh-Fit should look and feel. "Paul always told me there's so much we could do to improve people's well-being and health. And he said there's no reason why Winnipeg can't be the best in the country. He made me see and believe that it's all a choice. You either choose to do it or not."

#### Guiding Principle

Incorporate principles of active design to encourage physical activity

#### What Paul communicated to me so vividly throughout the years

*By Sue Boreskie, CEO, Reh-Fit Centre*

Mr. Albrechtsen was an imaginative, positive energizer whose touch is seen and felt throughout Reh-Fit. His generosity and vision helped transform Reh-Fit into a state-of-the-art facility in 2006 and set us on a trajectory toward the centre of well-being we envision today.

Over the years, I have been collecting pictures that I knew would interest Paul. They are images of places and spaces that I thought were in keeping with his vision for the Reh-Fit. Paul wasn't just passionate about health and fitness; he had a keen eye for design and understood the importance of creating environments where people would feel comfortable and inspired.

Paul often talked to me about places he had visited, pointing out features he admired—curves, artwork, abundant light. Whenever I encountered something that reminded me of his tastes, I would take a picture and share it with him later. It became a way for us to connect over the possibilities for Reh-Fit.

When I look at these pictures now, I see Paul's vision and aspirations. He was fond of a particular Mayo Clinic building and would often tell me about its unique design elements and how they contributed to the overall experience of being there. I recently visited that building, which reaffirmed in my mind its beauty and its modeling of the services that Reh-Fit could potentially offer.

Now, as we explore the Reh-Fit expansion/renovation project, I find myself drawn to the images that Paul and I discussed. I'm pulling together themes and ideas that resonate with Paul's vision, aiming to honour his memory in a meaningful way. It's more than just creating spaces; it's about carrying forward Paul's legacy of serving the community and striving for excellence right here in Winnipeg. Paul's belief that our city and province could offer the best in the country continues to inspire me, reminding me that greatness is within reach—we just have to choose to pursue it.

Reh-Fit is a not-for-profit charity and would not be where it is today without the generous support of many people and organizations. We continue to need the help of donors to build on our 45 years of being there for Manitobans and leading the way as Canada's best for building community health.

## The Bartlett Family Enduring Fund

One of the best ways to say thank you is to give back. Reh-Fit member Allan Bartlett and his wife Kerry live by this philosophy. Allan has been coming to the Reh-Fit Centre since 2013 and the couple has been giving back to the Centre for just as long.

After a decade of giving annually to the Reh-Fit Foundation, Allan and Kerry upped their generosity to a new level. In fall 2023, they established The Bartlett Family Enduring Fund, which serves to support staff and community education for years to come.

“With every situation we’ve been in, it’s always the staff that we relate with,” said Allan. “The staff are there for you. They are the backbone of any organization.”

Allan went through Reh-Fit’s Cardiac Rehabilitation program after receiving quadruple bypass surgery in October 2012. He knows firsthand how important it is to be cared for by highly-trained staff who are up to date on the latest research.

“We hope that staff will want to further their education and development, and that this gift can help with that,” noted Allan.

It’s important for Manitobans to stay educated on health topics, too. The Bartletts included community education in the fund’s purpose to help prevent others from having to deal with a quadruple bypass surgery.

“The Cardiac Rehabilitation program made me realize that I had to continue with exercise if I wanted to not go through it all again. I don’t think I want my chest opened up more than once,” said Allan.

It’s clear the Bartletts value Reh-Fit and living a healthy life. Reh-Fit is one of three organizations for which they’ve established an enduring fund, and all three organizations are related to health.

Gifts of all types and sizes make a big difference to Reh-Fit and our community. Thank you to all our supporters for continuing to drive Reh-Fit toward our vision of a centre of well-being for the community.



## OUR TRAJECTORY

The steady evolution toward a centre of well-being that nurtures Manitobans’ whole health:

	<b>1979</b> <ul style="list-style-type: none"> <li>The facility at 1390 Taylor Avenue opens</li> </ul>	<b>1991</b> <ul style="list-style-type: none"> <li>Undertakes \$250,000 in improvements, including adding three classrooms</li> <li>Helps create the Canadian Association of Cardiac Rehabilitation</li> </ul>	<b>1999</b> <ul style="list-style-type: none"> <li>Forms the Reh-Fit Foundation</li> </ul>	<b>2004</b> <ul style="list-style-type: none"> <li>Undertakes a \$12-million expansion and renovation, made possible by a major gift from Paul Albrechtsen and a successful capital campaign</li> </ul>
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# ATMOSPHERE

Our Building Advisory Committee is providing advice to the Reh-Fit design team to explore possibilities for the look and feel of Reh-Fit as we evolve into a centre of well-being. Inspired by Paul Albrechtsen’s wisdom and vision, we strive to create an atmosphere that will make people feel comfortable and at home whether you’re here to exercise, relax, learn, work, or socialize.

These atmospheric words are part of the mood boards created by the design team to help us visualize what the centre of well-being could be. They represent the look, feel, and emotion that a thoughtfully designed space can evoke, and will inspire the overall design:



## Board of Directors 2023-24

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

Susan Boulter  
 Ian Fish  
 John Fox  
 Linda Horosko

Linda Nugent  
 Ravindra Samarakone  
 Karen Samson  
 Peter Withoos

Charitable Registration Number 10765 9765 RR0001

### Guiding Principle

Include social spaces throughout

### 2006

- Expanded and renovated Reh-Fit opens, sparking 10 years of steady growth in membership
- Wins City of Winnipeg Accessibility Award for accessibility and inclusiveness
- Wins Smart Award for state-of-the-art facility that supports community well-being

### 2009

- Creates the Legacy Society to recognize donors who commit to the Reh-Fit's future as part of their own legacy by including it in their estate plans

### 2012

- Becomes Canada's first certified Medical Fitness facility
- Sets new global standard when named Certified Facility of the Year by the Medical Fitness Association

### 2013

- Both the Centre and Foundation earn accreditation from Imagine Canada's Standards Program, assuring stakeholders of their ethical, accountable, and transparent operation
- Receives Award of Merit from Recreation Connections Manitoba, recognizing excellence in providing recreation programs to build community health

# BY THE GENERATIONS

## Why Life Stage Matters

Reh-Fit has been adapting to Manitobans' shifting needs and attitudes for 45 years and is keeping 'evolution' in mind as we plan the centre of well-being. Transforming into a centre of well-being is certainly about looking at what our community values today, from aquatic spaces to quiet spaces to open spaces with views. It's also about considering how different generations will approach their well-being throughout their life stages.

What will Boomers, Gen X, Millennials, Gen Z, and future generations of Manitobans need as they age? What trends will Gen Xers want to follow to stay healthy and enjoy their grandchildren? Will Millennials embrace technology at age 70 with the same verve they do today? These are the types of questions we're asking ourselves as we make decisions that impact the future of Reh-Fit and well-being of generations of Manitobans.

	Gen Z	Millennial	Gen X	Boomers
	Adolescent/ Young Adult	Early Adult	Midlife	Late Adult/Senior
<b>Well-being means</b>	<i>Self-confidence</i>	<i>Balance</i>	<i>Sustainable habits</i>	<i>Age well</i>
<b>Priorities</b>	Mental health Self-esteem Look & feel good	Manage stress & energy Look & feel good	Maintenance/prevention Manage stress, energy & weight	Maintenance/prevention Longevity High-quality life
<b>Motivations</b>	Self-presentation Socializing Improve mental health	Look & feel good Reduce stress Boost energy Socializing	Keep up with kids Reduce stress Boost energy Address/prevent issues	Control/prevent issues Maintain activity levels Recover from injury or illness
<b>Preferences</b>	Teams & groups Strength training Yoga Mindfulness	Teams & small groups Strength training Running Walking	Walking Strength training Recreational fitness e.g. golf, hike, fish	Walking Low impact cardio Swimming Strength training Recreational fitness

Different generations have different priorities. But priorities change as we age. Reh-Fit is using our knowledge of life stages to understand the different generations and plan for their needs, preferences, and challenges.

Source: State of Our Health | © Murphy Research 2024

### 2015

- Begins work on 10-year Vision Plan

### 2016

- Reh-Fit Centre Board creates the Building Advisory Committee to advise on future expansion projects

### 2018

- Develops a Functional Space Program to guide needs for an expansion/renovation of the Reh-Fit

### 2020

- Reh-Fit Centre named Certified Facility of the Year by the Medical Fitness Association for the second time

### 2023

- Hires consultants to further explore the requirements of an expansion/renovation thanks to the generosity of The Paul Albrechtsen Foundation



# AN EYE ON WORLD-WIDE FITNESS TRENDS

Here are 10 of numerous fitness trends that we are factoring into our decision-making as we plan a centre of well-being that supports our community's needs and desired health outcomes, including mental health.

## Guiding Principle

Enable Reh-Fit to respond to changes in members' interests and needs

### 1 Fitness Programs for Older Adults

Physical activity to reduce the impact of disease, maintain independence, and improve quality of life throughout the aging process

### 2 Exercise for Weight Loss

Regular exercise to improve metabolic function and reduce body fat

### 3 Employing Certified Exercise Professionals

Trained professionals to lead fitness programs and safely prescribe exercise

### 4 Exercise for Mental Health

Physical activity and exercise to improve mood and mental health

### 5 Personal Training

One-on-one training to learn safe, effective exercises and recovery methods

### 6 Outdoor Fitness Activities

Outdoor exercise events that encourage community engagement and social well-being

### 7 Traditional Strength Training

Proper movement and lifting technique to maintain or improve muscular fitness

### 8 High-Intensity Interval Training (HIIT)

Heart rate-based training to improve aerobic capacity and heart health, and benefit people with chronic illnesses such as diabetes

### 9 Yoga

Mindfulness practice to reduce feelings of stress, improve mental wellness, and promote self-awareness

### 10 Lifestyle Medicine

Promote healthy behaviours to increase longevity and health span

“Science has confirmed that we require more recovery as we age.”

—Thomas M. Doering,  
Medicine and Science in Sport

Source: 2024 ACSM Worldwide Fitness Trends: Future Directions of the Health and Fitness Industry by A'Naja M. Newsome, Ph.D., ACSM-CEP, EIM; Rachelle Reed, Ph.D., M.S., ACSM-EP, NASM-CNC; Jessica Sansone, Ph.D., M.S., ACSM-EP, EIM; Alexios Batrakoulis, Ph.D., M.S., ACSM-EP, ACSM-CPT, EIM, CSCS; Cayla McAvoy, Ph.D., ACSM-EP; and Matthew W. Parrott, Ph.D.

## LIVE LONGER & LIVE BETTER

### How Manitoba Marathoner George Steciuk Changed His Life at Reh-Fit

**You went from having triple-bypass surgery at age 70 to running 10 marathons by age 87. What thought did you give to your health before age 70?**

What got me to go to open heart surgery was basically stress and bad living. I was in Real Estate for 23 years and I put a lot of stress on myself. Eventually I had a heart attack and needed by-pass surgery.

I thought I was healthy. I was taking supplements prior to the heart attack, but it's still your lifestyle. There's no magic bullet. My heart attack was a wake-up call and Reh-Fit came in at the right time.

**That's where it all started?**

Yes. When we started at Reh-Fit, the recommendation was to exercise with a partner or spouse so you can keep each other going. So my wife Gertrude and I decided to go to Reh-Fit together on a regular basis. Many people from the Cardiac Rehabilitation program stopped going but I persisted because we both went and exercised.

I also changed the way I ate. That's what gave me the energy to move.

**Do you feel better at age 87 than you did at 70?**

I have more energy and feel way better now than I did back then. At age 70 I was unable to run. I started running at 75.

**Many of us dream about exercising our ONE BODY FOR LIFE but we put it off or don't stick with it. What keeps you going?**

I wasn't a runner. I just kept walking the track. But when I saw younger people running, I told myself that if they can run, I can run. I did one lap and thought I was going to die. I didn't have the energy or stamina. It happened slowly, but it was the beginning. One lap, lap and a half... If I can do a lap and a half, I can do two laps...



87-year-old George Steciuk has been a Reh-Fit Member since 2006.

**Eventually, you convinced your family to run with you?**

Yes, this year, I ran the 10km as part of the Manitoba Marathon with my daughter and granddaughter. We made sure we crossed that finish line together! It was fun and a really good feeling.

**“Reh-Fit keeps me going. I wouldn't be running outside on a regular basis. I run here because it's easier on my legs with the soft track.”**

**You say that running is the best thing that ever happened to you. What are the most meaningful gifts that come with being well?**

It means a whole lot. I see people in their 40s, 50s and 60s with bandaged knees who have trouble walking. But at 87, I can still run, dance, and climb stairs easily. It means that I have the freedom to feel good about myself and safe about where I'm going, and the energy to be part of whole events with younger family members. It's a beautiful life to live.

**“I can climb these stairs. I can walk further. It's a mind thing.”**

**What words of wisdom do you have for those of us who truly want the benefits of healthy aging but, for whatever reason, put off investing in our well-being?**

You have the choice within you to live how you want to live. There are choices and decisions, and things you need to do. Exercise is one of the key things. Start slowly. You have to work into it and you have to work at it. It doesn't come easy.

**“If you want to live a good, full life, you have to decide on a healthy life.”**



## HEALTH IS LIFE. WHAT'S IT WORTH?

Remind your loved ones of their worth and invite them to be well with you. There's huge value in investing in your well-being—increased self-esteem, reduced stress, preventing injury, enjoying activities you love, keeping up with younger family members, living longer at home... the list goes on.

### How does the cost of a Reh-Fit membership compare to your lifestyle expenses?



**Individual (18+)**  
**\$75.89**/mo.



**Student (15+)**  
**\$41.89**/mo.



**Household Add-on (12-18)**  
**\$26.89**/mo.



Beauty care



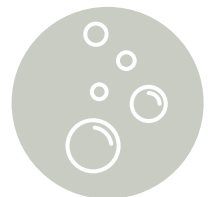
Restaurants or wine



Sports or concert tickets



Home décor or yard service



Cleaning services (vehicle, pets, home)

# BY THE NUMBERS

Year In Review

**31**

Education sessions

**886**  
Participants

**3919**

Reh-Fit Centre  
members

**2456**

Community users who  
visited the Centre

**245,160**

Visits to  
Reh-Fit

**226,702**  
Members

**18,458**  
Community users

**95**

Registered programs  
(e.g. fitness, small group training, mind/  
body, chronic disease management)

**2402**  
Participants

**76**

People who received  
financial assistance

**\$51,479**  
in assistance

**6** Student  
placements

**3**  
from U of M  
Faculty of  
Kinesiology

**2**  
from U of M  
Faculty of  
Nursing

**1**  
from Manitoba Institute of Trades  
and Technology, Hospitality  
Management Program



## PARTNERSHIPS

As a medically-integrated fitness facility, we collaborate with a variety of strategic partners to serve our community better. We believe meaningful partnerships are fundamental to building community health. Below are examples of groups we work with.

### My Health Team

Reh-Fit is part of the Fort Garry/River Heights My Health Team, which is a team of healthcare providers who 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. Reh-Fit has always focused on providing the highest quality service to the community, and our partnership with My Health Team does this more effectively. We aim to be the lifelong, lifestyle management partner for our clients and serve as the early warning and prevention partner for primary care providers.

### Exercise is Medicine Canada

Reh-Fit is represented on the Exercise is Medicine Canada National Advisory Council. It is a movement to encourage a healthy lifestyle among Canadians. Exercise is Medicine Canada provides national leadership in promoting physical activity as a chronic disease prevention and management strategy to improve the health of Canadians.

### Programs

We work with other organizations to offer specialized healthy living programs, bringing specialized skills and knowledge together to strengthen our level of service. This past year, we helped build community health by partnering with

organizations such as CancerCare Manitoba Foundation, Fort Garry/River Heights My Health Team, ACCESS Fort Garry, Winnipeg Regional Health Authority, Victoria Hospital Foundation, and Manitoba Renal Program. We also work with corporations such as Wawanesa who are proactively providing opportunities to keep their employees healthy.

### Research

At Reh-Fit, we provide the opportunity to move research from the lab to the community. Reh-Fit is unique research setting as it is community-based and provides access to participants and programming for a wide range of health and fitness levels. 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 Centre hosts and collaborates on a variety of research studies.

### Student Placements

Reh-Fit hosts student placements from academic institutions to help students gain practical experience in their field of study in an inter-professional team. In 2023/24 we hosted students from University of Manitoba – Nursing, Kinesiology and Manitoba Institute of Trades & Technology – Hotel and Hospitality Services.

# REACHING OUT TO THE COMMUNITY



With the goal of building community health, Reh-Fit continues to host a variety of programs, educational sessions, and events that deliver the latest information on health and fitness. These sessions and events spread awareness in the community about the importance of taking care of your well-being.

## Specialized Programs to Manage Chronic Conditions

Provides access to prevention and management programs to help you self-manage your condition, such as Moving Forward after Cancer and Cardiac Rehabilitation

## Education Seminars

Addresses current strategies on how to manage your health and well-being, and improve your quality of life

## Health Screening Clinics

Identifies risks of developing a variety of chronic diseases or conditions

## Active Aging Week

Teaches older adults how to get active, stay active, and access helpful resources in the community

## Smart for your Heart

Explores how to prevent and manage cardiovascular disease through smart heart programs, screening clinics, and educational workshops

## Community Health Fair

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

## Building Community Health

### Fully Accessible

We offer a wide variety of health and fitness programs, accessible memberships and programs, and the latest equipment, which keeps exercise interesting, challenging, and suitable for all fitness levels and needs, including those with physical limitations who require accessible equipment.

### Support Person

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

### 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.

# LOOKING AFTER OUR HOME

Through our surveys and other feedback, Centre users identify the primary reasons why they enjoy Reh-Fit. The top reasons reported are:

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

As the building ages and experiences the wear-and-tear of thousands of visits each year, the cost to maintain, replace, and repair the Centre and its amenities continues to grow.

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. That is why 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 goals for health and well-being.

In 2023/24, we:

- Added a mini cart with Therabody percussive guns and Wave rollers to provide more recovery services
- Added a FitBench to give exercisers an all-in-one fitness bench complete with dumbbells, kettlebells, and bands to accommodate a variety of workouts
- Replaced the carpet in the men's locker room and front vestibule
- Installed new flooring in the elevators and behind the Reception Desk
- Upgraded the Staff lounge where our team can relax to have their meals
- Replaced some tables and locker benches
- Replaced computer hardware
- Updated parking lot and building lights to LED
- Updated external electronic signs
- Updated our Building Automation System

# REH-FIT FINANCIAL HIGHLIGHTS

CENTRE

The Centre closed the year with a deficit of revenue less than expenses of \$139,413.

## Revenue

In the year ended March 31, 2024, revenue from all sources decreased from last year by \$343,986. (-6.1%). Revenue from membership and user fees improved by 12.7%, mainly due to an increase in individual memberships. Revenue from programs and ancillary services also increased by 21.5%. The primary reason for the decrease in overall revenue was the decrease in the gift from the Foundation of \$640,266. A gift of \$1,272,155 was received in fiscal 2023 compared to \$631,889 in fiscal 2024. The change in revenue due to the change in the gift from the Foundation is offset by the reduction in the contribution to the Foundation under expenses.

## Expenses

In the year ended March 31, 2024, overall expenses decreased by \$187,849 (-3.4%). Expenses related to programs and ancillary services increased by 30.5%. The primary reason for the overall decrease is due to the reduction of \$800,000 in contributions to the Foundation. In fiscal 2023, \$800,000 was returned to the Foundation to be stewarded until those funds are required to acquire new or replacement equipment or building components. In fiscal 2024 no contribution to the Foundation was made as the Foundation gift of \$631,889 was used in full for Centre capital expenditures and improvement planning.

## Audit & Risk Management Committee

Gordon Webster, FCPA, FCA, *Chair*  
Gord Beazley, CPA, CA  
Catherine Kloepfer, FCPA, CGA, FCA, ICD.D  
Pat Kloepfer, FCPA, FCA  
Rob Rose, CPA, CA  
Dave Rubel, CPA, CA

## Finance Committee

Chuck Steele, CPA, CMA, *Chair and Treasurer*  
John Fox  
Ravindra Samarakone  
Bert Smith  
Peter Withoos

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

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

### Opinion

The summary non-consolidated financial statements, which comprise the summary non-consolidated statement of financial position as at March 31, 2024, and the summary 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. (the "Organization") for the year ended March 31, 2024.

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

### Summary Non-Consolidated Financial Statements

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

### The Audited Non-Consolidated Financial Statements and Our Report Thereon

We expressed an unmodified audit opinion on the audited non-consolidated financial statements in our report dated June 13, 2024.

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

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

### Auditor's Responsibility

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

## BDO Canada LLP

Chartered Professional Accountants  
Winnipeg, Manitoba  
June 13, 2024

## MANITOBA CARDIAC INSTITUTE (REH-FIT) INC.

Note to the Summary Non-consolidated Financial Statements For the year ended March 31, 2024

### Basis of the Summary Non-consolidated Financial Statements

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

Copies of the audited non-consolidated financial statements for the year ended March 31, 2024 are available at Manitoba Cardiac Institute (Reh-Fit) Inc.

# Manitoba Cardiac Institute (Reh-Fit) Inc.

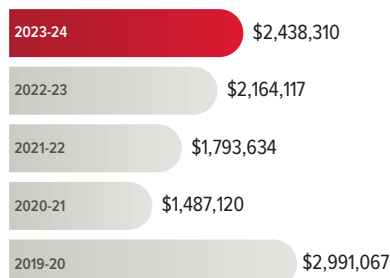
## SUMMARY NON-CONSOLIDATED STATEMENT OF FINANCIAL POSITION

As at March 31	2024	2023
<b>ASSETS</b>		
Current assets	\$ 1,731,193	\$ 1,465,190
Property and equipment	5,450,753	5,891,219
	<b>\$ 7,181,946</b>	<b>\$ 7,356,409</b>
<b>LIABILITIES AND NET ASSETS</b>		
Account payables and accrued liabilities	\$ 569,889	\$ 439,559
Memberships and fees paid in advance	990,977	746,054
	<b>1,560,866</b>	<b>1,185,613</b>
Deferred contributions	3,182,285	3,592,588
	<b>4,743,151</b>	<b>4,778,201</b>
Net assets	2,438,795	2,578,208
	<b>\$ 7,181,946</b>	<b>\$ 7,356,409</b>

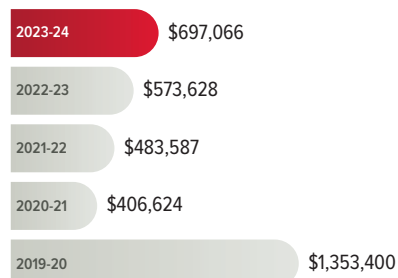
## SUMMARY NON-CONSOLIDATED STATEMENT OF OPERATIONS AND CHANGES IN NET ASSETS

For the year ended March 31	2024	2023	% of 2024 Total
<b>REVENUE</b>			
Membership and user fees	\$ 2,438,310	\$ 2,164,117	47%
WRHA Service Purchase Agreement funding	752,280	752,280	14%
Gift from Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.	631,889	1,272,155	12%
Amortization of deferred contributions	484,484	470,907	9%
Ancillary services	367,713	310,685	7%
Programs	329,353	262,943	6%
Other	156,353	167,447	3%
Victoria General Hospital Foundation Her Heart Her Way	102,350	152,753	2%
Government assistance	—	53,431	0%
	<b>\$ 5,262,732</b>	<b>\$ 5,606,718</b>	<b>100%</b>
<b>EXPENSES</b>			
Compensation	\$ 2,611,450	\$ 2,354,464	48%
Amortization of property and equipment	888,399	913,126	16%
Administrative	737,550	423,477	14%
Facility and operations	690,378	727,843	13%
Ancillary services	230,575	166,571	4%
Programs	159,214	132,177	3%
Membership and marketing	84,579	72,336	2%
Gift to Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.	—	800,000	0%
	<b>\$ 5,402,145</b>	<b>\$ 5,589,994</b>	<b>100%</b>
Excess (deficiency) of revenue over expenses	(139,413)	16,724	
Net assets, beginning of year	2,578,208	2,561,484	
Net assets, end of year	<b>\$ 2,438,795</b>	<b>\$ 2,578,208</b>	

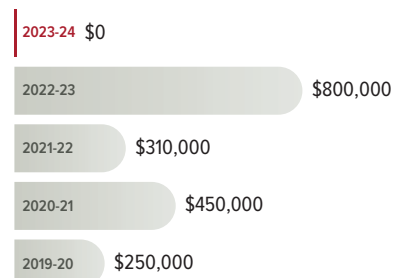
### MEMBERSHIP AND USER FEES



### ANCILLARY SERVICES AND PROGRAMS REVENUE



### GIFT TO FOUNDATION BUILDING AND EQUIPMENT FUND



# MESSAGE FROM THE FOUNDATION CHAIR

Reh-Fit is a place for people who want improvement. That's a big part of what draws so many of us to exercising and fitness – there is always room to get better, and we are constantly striving to get healthier, stronger, or faster. While our end goal is what we have in mind, it's impossible to get where we want to go without putting in the work.

Reh-Fit is proud to provide a facility and services that help community members like you live healthier lives every day, but we're always looking to improve our offerings, whether by adding a new fitness class, a new piece of exercise equipment, or dreaming bigger about how the Reh-Fit Centre can grow to adapt to the community's needs.

Your support through the Reh-Fit Foundation plays an integral role in that, and the 2023-24 year proved once again that people like you are willing to put in the work to improve Reh-Fit through your generosity. In the same way that we all pursue our fitness goals through different exercises, our supporters show their generosity in a variety of ways, such as donating to our Direct Mail campaign, monthly giving, sponsoring events at the Centre, establishing funds for long-term support, joining the Reh-Fit Legacy Society, program partnerships, and much more.

Gifts from all avenues and of all sizes make a big impact. Membership fees alone do not enable Reh-Fit to maintain a state-of-the-art medical fitness facility, so donations made to the Reh-Fit Foundation are integral in helping the Reh-Fit Centre achieve its mission. Likewise, as we look to the future of Reh-Fit and the potential to transform it into a complete centre of well-being, we will continue to need your support to make this vision a reality.

While donor's efforts and generosity are seen directly within the Reh-Fit Centre through the many programs and services we offer, facility and equipment upgrades, and individuals who are able to attend the Centre through financial assistance, the true impacts of what we are achieving together at the Reh-Fit Centre are found outside of our walls. Those impacts are seen in a greater quality of life and stronger relationships for community members away from Reh-Fit as they are able to do the things they love and spend time with the people that matter most.

On behalf of the Reh-Fit Foundation Board of Directors, thank you for your generosity and for joining us in our mission of building community health. May the vision of a healthier and stronger Manitoba drive us all to continue investing in Reh-Fit for many years to come.



A handwritten signature in blue ink that reads "Deepak Joshi".

Deepak Joshi  
*Chair, Reh-Fit Foundation Board of Directors*

# HOW YOUR GIFTS MAKE AN IMPACT

The Reh-Fit Foundation was established in 1999 to support the mission of the Reh-Fit Centre by inspiring donations and stewarding both gifts and donors, with the goal of enhancing the health and well-being of our community. That mission remains the same, and in order to build Reh-Fit into a centre of well-being, we need your help.

Membership fees do not cover all costs for the Reh-Fit Centre, and so donations made to the Reh-Fit Foundation are integral to the Reh-Fit Centre to achieve its mission. Gifts to the Reh-Fit Foundation assist the Centre by contributing funds for the following four pillars:

## 1 Rehabilitation

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

## 2 Prevention

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

## 3 Accessibility

Making memberships and programs accessible to the broader community.

## 4 Research & Education

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

Donations and grants are crucial in helping Reh-Fit maintain a beautiful and functional facility with top-of-the-line equipment.



**\$10,590 - \$19,595**

The cost of a single commercial grade treadmill, depending on its type and features. This is without delivery and installation!

## WAYS TO GIVE

Every donation makes a big difference! Gifts can come in all types and sizes, and there are many ways to give to the Reh-Fit Foundation to help community members live healthier, higher-quality lives:

### General Gifts

Make online donations ([reh-fit.com/donate](http://reh-fit.com/donate)) or cash gifts benefit community health and well-being.

### Securities Gifts

Donate publicly traded stocks, bonds, or mutual funds for a tax-effective way to give.

### Life Insurance

Name the Reh-Fit as the beneficiary of a new or existing life insurance policy.

### Monthly Gifts

Become a monthly donor to make consistent giving easy for you, while providing reliable funding year long.

### Tribute Gifts

Make a gift in memory of a passed loved one or honour someone with a gift to celebrate their birthday, wedding, retirement, or other special occasion.

### Planned Gifts

Join the Reh-Fit Legacy Society by including the Reh-Fit Foundation in your estate plans.

### Enduring Funds

Establish an enduring fund with the Reh-Fit Foundation or contribute to a pre-existing Foundation enduring fund.

### Third Party Events

Choose the Reh-Fit Foundation as the beneficiary of your next event, whether for a golf tournament, gala, or other fundraising event.

### Workplace Gift Matching

Increase your gift to the Reh-Fit Foundation through your workplace's gift matching program. Check with your Human Resources department to find out if your employer matches gifts for employees or retirees.



## DONOR RECOGNITION

We deeply value our donors and honour them throughout the Centre.

### Major Donors

When you walk up the stairs to the Café, you'll see the Major Donor Wall, a beautiful glass art piece, which honours those who have given \$10,000 cumulatively since 2004. Our Major Donor Wall includes the following categories:

● <b>Platinum</b>	\$9 million +
● <b>Gold</b>	\$150,000 +
● <b>Silver</b>	\$75,000 - \$149,999
● <b>Bronze</b>	\$10,000 - \$74,999

### Philanthropic Naming Opportunities

You'll find donors' names on plaques in various rooms and areas throughout the Centre. Naming opportunities are an important way to recognize our generous donors who support Reh-Fit's mission to enhance the health and well-being of our members and the community. We provide naming opportunities—for a 10 or 20-year period—that match a gift amount of \$25,000 or more.

### Program Recognition

We recognize major donor support for programs for the duration of the program. This may include recognition in program-specific promotional material. Donors will meet with the Reh-Fit Centre CEO to set out a recognition plan at the time the gift is made.

### All Gifts

- Donors contributing \$20 or more receive a letter of acknowledgement and an official receipt for tax purposes.
- Annually, we print a listing as part of the annual report, which acknowledges all donations of \$100 or more cumulatively for the year.
- We recognize donors throughout the year in our Fitnotes newsletters and other publications, including our Annual Report, which lists donors and is available on our website.
- We also hold events to celebrate our donors.

### Tribute Gifts

We recognize tribute gifts according to donors' wishes.

Opportunities for recognition include:

- Having a tribute card(s) sent to the respective recipients
- Being listed in the Fitnotes newsletter
- Being recognized in the annual donor listing in the annual report (gifts over \$100)

## Overview

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

## Results

Total revenue for the year ended March 31, 2024 was \$904,680, which represents a decrease of 58% from last year. Fiscal year 2023 saw significant donations, including a generous \$1.2M from The Paul Albrechtsen Foundation. In fiscal year 2024 the Foundation received donations of \$719,571, including \$500,000 from The Paul Albrechtsen Foundation. Investment income increased by 74%, primarily due to the investment of prior year donations.

No gift was received from the Centre to the Building and Equipment Fund, compared to a contribution of \$800,000 in the prior year.

A new enduring fund was established out of a generous donation of \$100,000 from the Bartlett family. The purpose of this Fund is to provide ongoing support to the Centre for staff and community education.

The Foundation provided a gift to the Centre of \$923,316 during the year ended March 31, 2024. The Foundation was stewarding funds amounting to \$6,211,072 as at March 31, 2024.

## Finance & Investment Committee

Lauren Aseltine, CPA, CMA, *Chair and Treasurer*  
 Vern Doerksen  
 Tom Dooley  
 Chris Medland  
 Gary Pachal, CPA, CA  
 Ashley Schulz, CPA

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

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

### Opinion

The summary financial statements, which comprise the summary statement of financial position as at March 31, 2024, and the summary statement of operations and changes in fund balances for the year then ended, are derived from the audited financial statements of Manitoba Cardiac Institute (Reh-Fit) Foundation Inc. (the "Foundation") for the year ended March 31, 2024.

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

### Summary Financial Statements

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

### The Audited Financial Statements and Our Report Thereon

We expressed an unmodified audit opinion on the audited financial statements in our report dated June 14, 2024.

### Management's Responsibility for the Summary Financial Statements

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

### Auditor's Responsibility

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

*BDO Canada LLP*

Chartered Professional Accountants  
 Winnipeg, Manitoba  
 June 14, 2024

## MANITOBA CARDIAC INSTITUTE (REH-FIT) FOUNDATION INC.

Note to the Summary Financial Statements For the year ended March 31, 2024

### Basis of Summary Financial Statements

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

Copies of the audited financial statements for the year ended March 31, 2024 are available at Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.

Deepak Joshi, <i>Chair</i>	Bill Elliott	Gary Pachal, CPA, CA
Kevin McCulloch, <i>Vice-Chair</i>	Ian Fish	John Schubert
Lauren Aseltine, CPA, CMA, <i>Treasurer</i>	Kristy Krahn	Ashley Schulz, CPA
Joanna Knowlton, <i>Secretary</i>	Kent Magarrell	Bonnie Siemens
Barry Brown	Linda Nugent	Neil Trenholm

# Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.

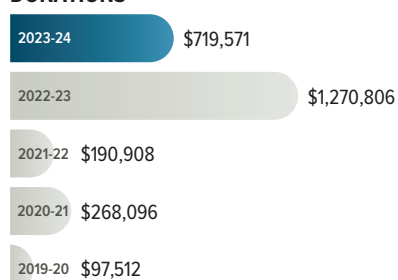
## SUMMARY STATEMENT OF FINANCIAL POSITION

<i>As at March 31</i>	General Fund	Enduring Fund	Building and Equipment Fund	2024	2023
<b>ASSETS</b>					
Current assets	\$ 29,150	\$ 227,954	\$ 5,960,989	\$ 6,218,093	\$ 6,261,587
Interfund balances	6,798	(6,843)	45	—	—
	\$ 35,948	\$ 221,111	\$ 5,961,034	\$ 6,218,093	\$ 6,261,587
<b>LIABILITIES AND FUND BALANCES</b>					
Current liabilities	\$ 7,021	\$ —	\$ —	\$ 7,021	\$ 6,355
<b>FUND BALANCES</b>					
Restricted	—	221,111	5,961,034	6,182,145	6,209,191
Unrestricted	28,927	—	—	28,927	46,041
	28,927	221,111	5,961,034	6,211,072	6,255,232
	\$ 35,948	\$ 221,111	\$ 5,961,034	\$ 6,218,093	\$ 6,261,587

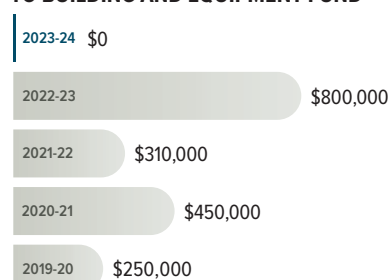
## SUMMARY STATEMENT OF OPERATIONS AND CHANGES IN FUND BALANCES

<i>For the year ended March 31</i>	General Fund	Enduring Fund	Building and Equipment Fund	2024	2023	% of 2024 Total
<b>REVENUE</b>						
Donations	\$ 619,571	\$ 100,000	\$ —	\$ 719,571	\$ 1,270,806	80%
Fundraising events and direct mail	15,693	—	—	15,693	8,330	2%
Gift from Manitoba Cardiac Institute (Reh-Fit) Inc.	—	—	—	—	800,000	0%
Investment income	1,775	6,837	158,503	167,115	96,065	18%
Miscellaneous income	—	—	2,302	2,302	1,880	0%
	\$ 637,039	\$ 106,837	\$ 160,805	\$ 904,681	\$ 2,177,081	100%
<b>EXPENSES</b>						
Total fundraising and administrative expenses	\$ 25,525	\$ —	\$ —	\$ 25,525	\$ 16,799	
Excess of revenues over expenses before other item	611,514	106,837	160,805	879,156	2,160,282	
<b>OTHER ITEM</b>						
Gift to Manitoba Cardiac Institute (Reh-Fit) Inc.	\$ 628,628	\$ 3,913	\$ 290,775	\$ 923,316	\$ 1,272,155	
Excess (deficiency) of revenues over expenses	\$ (17,114)	\$ 102,924	\$ (129,970)	\$ (44,160)	\$ 888,127	
Fund balances, beginning of year	46,041	118,187	6,091,004	6,255,232	5,367,105	
Fund balances, end of year	\$ 28,927	\$ 221,111	\$ 5,961,034	\$ 6,211,072	\$ 6,255,232	

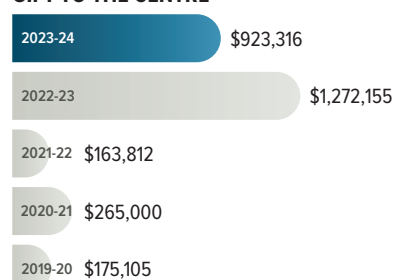
### DONATIONS



### GIFT FROM THE CENTRE TO BUILDING AND EQUIPMENT FUND



### GIFT TO THE CENTRE



# DONORS, FUNDERS, & SUPPORTERS

The Reh-Fit Centre and Reh-Fit Foundation would like to sincerely thank our donors, funders, and supporters for your generous gifts and significant contributions this year. Gifts of all sizes make a big impact! If we omitted, misspelled, or presented your name incorrectly, please accept our sincere apology and call us at 204.488.9325 to let us know.

## \$500,000+

The Paul Albrechtsen Foundation Inc.  
A special thank you for the generous gift from The Paul Albrechtsen Foundation to assist the Reh-Fit Centre with the hiring of consultants to further develop the requirements of the expansion/renovation project.

## \$100,000-\$499,999

Allan and Kerry Bartlett

## \$25,000-\$75,000

Jim Wallace

**COMPANIES/ORGANIZATIONS**  
Maple Leaf Construction Ltd.

## \$10,000-\$24,999

Jane MacGregor, in memory of Alister MacGregor  
Linda Nugent

## \$2,000-\$4,999

Barry and Lynda Brown  
Drs. Tasadduq A. and Aliya Khan  
Kristy Krahn  
Trevor Maguire  
John and Beverley Schubert

**COMPANIES/ORGANIZATIONS**  
McCaine Electric Ltd.  
Payworks (sponsorship)

## \$1,000-\$1,999

Anonymous  
Susan Boulter and Myron Pawlowsky  
George and Laura Clark  
Bill Elliott  
Joanna Knowlton and Jim Tokarchuk  
Kent and Barb Magarrell  
Kevin McCulloch and Diane Dixon

John and Shelley Page  
Diane Pollard  
Charles and Fanny Shore  
Richard and Sheila Stobart  
Elaine Toms  
K. Eleanor Wiebe  
Dennis and Janet Woodford

**COMPANIES/ORGANIZATIONS**  
FWS Group of Companies

## \$500-\$999

Anonymous (4)  
John and Monique Bockstael  
Sue and Mark Boreskie  
Ken Capelle  
John and Patricia Fox  
Hugh and Elaine Goldie  
Don and Mary Hanson  
Gregg and Mary Hanson  
David and Diane Horne  
Margaret Jeffries

Michel Monnin  
Gary Pachal, CPA, CA  
Norm and Sandi Promislow  
Rob and Joan Rose  
Ashley Schulz  
James J. Smith  
J. Bert Smith  
Charles and Roine Thomsen  
Neil and Joy Trenholm  
Peter and Tracy Withoos

## \$250-\$499

Anonymous (2)  
Lauren Aseltine  
Sheldon and Penelope Bowles  
Ron Cook  
Martin Gerrard  
Linda and Andrew Horosko  
Patricia Kloepfer and David Cheop  
Arlene Kowalchuk

Ingrid Loepp  
Arthur and Keiko Miki  
Judy and Gordon (Mickey) Murphy  
Arun and Durga Ogale  
Brian A. Ritchie  
Dennis and Elaine Schultz  
Neil Taylor  
David and Laurie Thompson

## \$100-\$249

Anonymous (11)  
Adele Bahuaud  
Kendall and Deborah Bingeman  
Erna Braun  
Diane and Bob Brown  
Erminio Caligiuri  
Brendan Carruthers  
Raymond and Coney Cunningham  
Tom Dooley  
Alice Dyna  
Bernice Furlong  
Fran Gropp  
Solomon Zegeye Gebrehiwot  
Trish Gibson  
Arlene Hintsa  
Gerald Jewers  
Deepak Joshi  
Penny Kelly  
Rhoda Keynes  
Paul Leatherdale  
Carolyn Lucas  
Manmohan and Harminder Malhi  
Gloria and Mark Mancini

Julie and Jamie McPetrie  
Michelle Meade  
Valerie Mollison  
Rebecca Momoh  
T. Kent Morgan  
David G., K.C. and Brenda Newman  
Duane Nieman  
Dale Reinsch  
Betty Lou Rock  
Ravindra Samarakone  
Shashikant Seshia  
Jim and Susan Shaw  
Stu Slayen  
Pamela Smith  
Charles Steele  
Don and Heather Talocka  
Karen Taylor  
Donald Whitmore  
Randy and Patti Wood  
Joyce Yellowlees  
Cecilia Yuthasastrakosol

**COMPANIES/ORGANIZATIONS**  
Hydro X Club

## GRANTS

Government of Manitoba, Building Sustainable Communities Grant  
The Winnipeg Foundation, One-Time Community Grant  
The Winnipeg Foundation Professional Development Fund

## A LASTING IMPACT

We gratefully acknowledge the following individuals who have generously established funds and remembered Reh-Fit in their estate plans.

### Enduring/Endowment Funds

- **Lou Plantje Fund**  
The Estate of Lou Plantje
- **Mildred Lucky Educational Enhancement Fund**  
Mildred Lucky
- **The Bartlett Family Enduring Fund**  
Allan and Kerry Bartlett

### Legacy Society Members

- |                                   |                                  |                       |
|-----------------------------------|----------------------------------|-----------------------|
| Margaret Barbour                  | Joanna Knowlton                  | Gail Singer           |
| Susan Boulter and Myron Pawlowsky | Kent and Barb Magarrell          | Jim Tokarchuk         |
| Barry and Lynda Brown             | Harold Neufeld                   | Dan Torbiak           |
| Tom Dooley                        | David G., K.C. and Brenda Newman | Neil and Joy Trenholm |
| Irene Hamilton                    | James Penner                     | K. Eleanor Wiebe      |
| Deepak Joshi                      | Diane Pollard                    |                       |

Reh-Fit  
**LEGACY  
SOCIETY**

# ONE BODY FOR LIFE



## 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.

**Manitoba Cardiac Institute (Reh-Fit) Inc.**

204.488.8023

Charitable Registration Number  
10765 9765 RR0001



## MISSION

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

**Manitoba Cardiac Institute (Reh-Fit) Foundation Inc.**

204.488.9325

Charitable Registration Number  
87046 0540 RR0001



1390 Taylor Ave, Winnipeg, MB R3M 3V8 | [reh-fit.com](http://reh-fit.com)