



## ExWell Medical

At The Irish Wheelchair Association

Being physically inactive contributes a great deal to the unwellness and poor quality of life that occurs with any long-term (often called chronic) illness. ExWell Medical offers supervised indoor group exercise classes for people living with any of these conditions. The impact can be life-transforming. We have the evidence. The classes are run in a safe environment and they are above all great fun. Medical oversight for the programme is provided by Dr. Noel McCaffrey

Access to the programme is by medical referral (from a GP, Hospital Consultant, Physiotherapist, Occupational Therapist, ATT etc).

Classes take place mornings in IWA. Online classes are also available

We have Gentle, Standard and Advanced classes so everyone can take part

Referrals should include patient information (diagnosis, comorbidities, medications) as well as contact details (tel no and email address) and can be posted to Dr. Noel McCaffrey at

Irish Wheelchair Association, Áras Chúchulainn, Blackheath Dr, D03AW62

or sent by email to [exwellmedical@healthmail.ie](mailto:exwellmedical@healthmail.ie)

for further information contact [info@exwell.ie](mailto:info@exwell.ie) or visit [www.exwell.ie](http://www.exwell.ie)

referral forms are available at [www.exwell.ie/more/joinus](http://www.exwell.ie/more/joinus)

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## EXERCISE REHABILITATION CLASSES FOR LONG TERM ILLNESSES

Do you have a long term (also called chronic) illness?

Did you know that a great deal of the unwellness and poor quality of life that occurs with any chronic illness is caused by becoming deconditioned (unfit) because of being physically inactive?

The good news is that we can fix this, through well-designed exercise programmes, without needing to fix the illness.

ExWell Medical offers supervised exercise classes, with medical oversight, to people with any type of long term illness.

The classes are run by highly trained staff and take place in the fantastic facilities of Sport Ireland Campus, in a safe and enjoyable environment.

We can transform your life and bring back confidence, enjoyment and hope

**ANYONE CAN TRY..AND THAT INCLUDES YOU**



Participation in the programme requires a referral by your doctor or health professional.  
Referrals must include details of your illnesses and also your contact phone number.

All queries and referrals should be emailed to [exwell@sportirelandcampus.ie](mailto:exwell@sportirelandcampus.ie) / 01 6464300

## NORTH WEST - SLIGO

SLIGO IT

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 ABBOTTSTOWN - NATIONAL INDOOR ARENA - DUBLIN WEST  
 LOUGHLINSTOWN DLR - DUBLIN SOUTH  
 IRISH WHEELCHAIR ASS. CLONTARF - DUBLIN NORTH  
 DUBLIN INNER CITY PROJECTS - NEIC / SMART D8  
 BARTRA / BEAUMONT LODGE - DUBLIN 5  
 TRINITY COMMUNITY CARE  
 BALBRIGGAN (FLEMINGTON CC (FINGAL CC) - NORTH CO. DUBLIN

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