

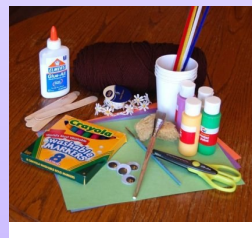
The High Flyers program is a day service for people with disabilities based in Epping.

Participants in the High Flyers:

- feel welcome, valued and respected
- have mutual tolerance and respect for others
- lead active, healthy lifestyles to foster physical and emotional well being
- experience an enjoyable and supportive learning environment
- are supported to achieve their goals and reach their full potential in life
- are provided with dignified, positive behaviour supports.



The High Flyers program incorporates a flexible timetable that includes a variety of programs that cater to individual needs and are designed to maximise **choice**, **independence** and **opportunity** as well as provide the necessary supports to enable individuals to achieve their goals and aspirations, as identified in their NDIS plans.



This Photo by Unknown



Programs may include, but are not limited to

- Gym
- Gardening
- Car washing
- Local walks
- Massage and Relaxation
- Bowling
- Art & Craft
- Music
- Bushwalking
- Physical Activity
- Grounds Maintenance
- Communication
- Sensory Activities

