



Class	Location	Date/Time	GP Consent	Cost	Contact	Open / Closed
Warm Water Exercises Low to Moderate Intensity	Mildura Waves Deakin Ave	Tuesday 11am - 12pm Thursday 2pm - 3pm	Yes	\$5.00	Physio Department	Open
Make A Move Group Session Falls prevention	Phone SCHS for Next Group Session	Wednesday	Yes	Free	Physio Department	Closed
Make A Move Home program Falls Prevention	Phone SCHS for appointment	On Appointment	Yes	Free	Physio Department	Closed
Movers & Groovers Chair Based Exercise for Older Adults	SCHS Meeting Room 1 Ramsay Crt	Wednesday 10.30am - 11.30am	Yes	Gold Coin	Physio Department	Open
Hearts A Go-Go Low to Moderate Intensity exercise	Mildura Waves Group Activity Room Deakin Ave	Tuesday 1pm - 2pm	Yes	Gold Coin	Health Promotion Department	Open
MEND Treatment & Prevention Program for Overweight And Obese Children & Their Families	Phone SCHS for Next Group Session	Tuesday & Thursday	No	Free	Allied Health Coordinator	Closed
Parkinson's Disease Exercise Maintenance Group	SCHS Meeting Room 1 Ramsay Crt	Wednesday 4pm - 5pm	Yes	Gold Coin	Allied Health Coordinator	Open
Heart Foundation HOT FM Walking Group	Mildura Wharf (rowing club)	Wednesday 4pm - 4.40pm	No	Free	Health Promotion Department	Open
Life Lifestyle Modification program to Assist In Preventing Type 2 Diabetes	On Application	Contact Health Promotion Department for Next Group Times	Yes	Free	Health Promotion Department	Closed
Health at Any Size Six Session Weight Management Program	SCHS Meeting Room 1 Ramsay Crt	2nd and 4th Tuesday of the Month	No	Gold Coin	Dietetic Department	Open
Lucky legs Club Treatment Program for Clients Who Suffer From Leg Ulcers	Princes Court Village 153 -159 Thirteenth street	Thursday 1pm - 3pm	No	SCHS Income Assessment Price list	District Nursing/ Home Nursing	Open
Diabetes 6 week Awareness Group Sessions	On Application	Contact Diabetes Department for next Group Times	No	On Application	Diabetes Department	Closed
Palliative Care Bereavement Walking Group	Lock 11	Fortnightly over 12 weeks on Fridays, beginning 12/06/09	No	Free	Palliative Care	Closed
Gone Walking CENTRO Walking Group	CENTRO	Tuesday & Thursday 8am - 9am	Yes	Free	Health Promotion Department	Open

All Interested People **Need** To Contact The Relevant Departments Prior To Attending A Group