

# Sunraysia Community Health Services

Phone 5022 5444

**Group Timetable 2010**

Class	Location	Date/Time	GP Consent	Cost	Contact	Open/Closed	Info
<b>Warm Water Exercises</b> Low to Moderate Intensity	<b>Mildura Waves</b> Deakin Ave	<b>Tuesday</b> 11am - 12pm <b>Thursday</b> 2pm - 3pm	Yes <a href="#">GP Consent Form</a>	<b>\$5.00</b>	Physio Department	Open	<a href="#">Flyer</a>
<b>Make A Move Group Session</b> Falls prevention	Phone <b>SCHS</b> for Next Group Session	<b>Wednesday</b>	Yes <a href="#">GP Consent Form</a>	<b>Free</b>	Physio Department	Closed	<a href="#">Flyer</a>
<b>Movers &amp; Groovers</b> Chair Based Exercise for Older Adults	<b>SCHS</b> Meeting Room 1 Ramsay Crt	<b>Wednesday</b> 10.30am - 11.30am	Yes <a href="#">GP Consent Form</a>	<b>Gold Coin</b>	Physio Department	Open	<a href="#">Flyer</a>
<b>Hearts a Go-Go</b> Low to Moderate Intensity Exercise	<b>Mildura Waves</b> Group Activity Room Deakin Avenue	<b>Tuesday</b> 11.30pm - 12.30pm 1.00pm - 2.00pm	Yes <a href="#">GP Consent Form</a>	<b>Gold Coin</b>	Health Promotion Department	Open	<a href="#">Flyer</a>
<b>Parkinson's Disease</b> Exercise Maintenance Group	<b>SCHS</b> Meeting Room 1 Ramsay Crt	<b>Wednesday</b> 4pm - 5pm	Yes <a href="#">GP Consent Form</a>	<b>Gold Coin</b>	Allied Health Coordinator	Open	<a href="#">Flyer</a>
<b>Heart Foundation</b> Walking Group 'Sunday Walkers'	<b>Mildura Wharf</b> Rowing Club	<b>Sunday</b> 9am - 10am	No	<b>Free</b>	Health Promotion Department	Open	<a href="#">Flyer</a>
<b>Life</b> Lifestyle Modification program to Assist in Preventing Type 2 Diabetes	<b>On Application</b>	Contact <b>Health Promotion Department</b> for Next Group Times	Yes <a href="#">GP Consent Form</a>	<b>Free</b>	Health Promotion Department	Closed	
<b>Lucky Legs Club</b> Treatment Program for Clients who Suffer from Leg Ulcers	<b>Princes Court Village</b> 153 - 159 Thirteenth Street	<b>Thursday</b> 1pm - 3pm	No	<b>SCHS</b> Income Assessment Price List	District Nursing / Home Nursing	Open	<a href="#">Flyer</a>
<b>Diabetes</b> 6 weeks Awareness Group Sessions	<b>On Application</b>	Contact <b>Diabetes Department</b> for Next Group Times	No	<b>On Application</b>	Diabetes Department	Closed	
<b>Palliative Care</b> Bereavement Walking Group	<b>Lock 11</b>	Contact <b>Palliative Care</b> for next group dates	No	<b>Free</b>	Palliative Care	Closed	
<b>Gone Walking</b> CENTRO Walking Group	<b>CENTRO</b>	<b>Tuesday and Thursday</b> 8am - 9am	Yes <a href="#">GP Consent Form</a>	<b>Free</b>	Health Promotion Department	Open	<a href="#">Flyer</a>

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

PLEASE ADVISE THE HEALTH PROMOTION TEAM IF AMENDMENTS OR ADDITIONS ARE REQUIRED TO THE GROUPS TIMETABLE.