



MEDIA RELEASE

Cardio-Pulmonary Rehabilitation Community Focus Group Session

Friday 8 June 2018

Pulmonary and heart disease are lifelong conditions that need ongoing management for patients to live longer and healthier lives. The benefits to Chronic Obstructive Pulmonary Disease (COPD) and Cardiovascular Disease (CVD) clients from rehabilitation sessions are considerable and rehabilitation has been shown to be the most effective therapeutic strategy to improve shortness of breath, health status, exercise tolerance and reduce further cardiac risks.

Have you experienced or are you living with CVD or COPD? Do you have experiences and thoughts to share on how your rehabilitation from CVD / COPD could be further improved?

As a part of an Integrated Chronic Diseases Initiative between Sunraysia Community Health Services and Murray Primary Health Network, we invite you to a community focused session that aims to engage with local members of the community that have previously been or are currently involved with Cardiac or Pulmonary rehabilitation services within the Mildura region.

"The focus group session will allow you to voice your thoughts and experiences and provide feedback regarding our local rehabilitation services", said Mrs Melissa Wade, Executive Manager Clinical Services, Sunraysia Community Health Services (SCHS). "This session will give you the chance to help guide changes and improve the services across the district by providing us with a clear understanding of the gaps and needs in cardio-pulmonary rehabilitation services."

From this session, the community voice will allow local service providers to expand and improve their current programs. Ultimately this will provide more comprehensive rehabilitation services, increasing patient participation rates, reducing hospital re-admissions, improving health and quality of life outcomes and therefore, creating a healthier community.

Please come along to our free event to have your say and guide us to improve the rehabilitation services for the future.

Friday 8 June, 10:30am - 12pm, Activity Room 1, Sunraysia Community Health Services, 137 Thirteenth Street Mildura. Light refreshments will be provided.

RSVP: Rachael Williams, by Tuesday 5 June on 0416 201 642 or rachael@locallogicplace.com.au

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