



# CASTERTON HEALTH & HOSPITAL HAPPENINGS

## SheKan

FREE Women's Regional Event - Horsham  
Tuesday 20<sup>th</sup> March @ 6.30pm

SheKan is on a mission to help empower incredible regional women like you to create the most vibrant, stunning, purposeful version of your life possible and make you irresistible in the eyes of the person that matters most, YOU!!

The facilitators Shez and Kell are passionate about bringing women together, celebrating collaboration, smashing through limiting beliefs, understanding more about you and awareness of who you surround yourself with and having the confidence to always be yourself.

Bus leaving CMH at 4.30pm  
\$10 per head for bus (includes nibbles)

Bookings essential, phone 5554 2555



## Murray to Moyne

### Brekky on the Lawns

Sunday 25<sup>th</sup> March, 2018 from 8.30am

Meet the Team and support this year's event

Lucky Spot Prizes

Bring the family and friends

\$12 per person or \$30 per family

**Extensive menu - all you can eat**

All funds raised are committed to the  
Casterton Memorial Hospital



Please support  
this great cause!



## SAVE THE DATE!!



Further detailed information  
will be provided soon



CMH welcomes Lucinda Jenkins to our Primary Care Team as our new Community Development Officer.

She has a wealth of knowledge in the areas of physical activity, nutrition and wellness.

Lucinda is pictured with members of the Walking Group who meet at the Hospital every Friday at 9:30am.

If you would like to join the group,  
please contact us on 5554 2555.

