



# CASTERTON HEALTH & HOSPITAL HAPPENINGS

CGA0352663

## FAMILY FUN RUN/WALK

Including Colour Run to support Youth Week

**Sunday May 6th - Island Park**

Choose 3, 6 or 9km, or 2.5km Colour Run

Registrations begin at 8:00am

Run/Walk begins at 9:00am

For your chance to win a \$20 Sports'n'All voucher, pre-register at Casterton Memorial Hospital, Casterton Secondary College or Sports'n'All.

For enquiries, contact CMH on 5554 2555

## Carers Support Group

**Thursday 3rd May - 10am at CMH**

**Come along for a cuppa and a chat**

A monthly group for people who are providing care for a family member, friend or neighbour who has a disability, mental illness, chronic illness or is frail or aged.

Meet other carers in a similar situation, share stories and find out what support is available for you.

This group is for carers of any age, caring for people living at home or within a care facility. Feel free to bring a friend along.

## BreastScreen Bus to Hamilton

**Thursday 31st May 2018**

Bus leaves Casterton at 8.45 am

(from rear car park off Carmichael Street)

**Bookings essential**

For further information and bookings, please contact

Casterton Memorial Hospital on 5554 2555



## Men's Lunch

A monthly event for the men of the community to enjoy lunch and conversation together

Where: Glenelg Inn (Bottom Pub)

When: Monday, 21st May

Time: 12noon—2pm

If you require transport please call  
CMH Reception 5554 2555

Bus pick up time is 11am: Free

Pay for own lunch and drinks



## "Just Move"

"Just Move" is a new exercise programme that has commenced at CMH on Fridays at 11am.

Facilitated by qualified fitness instructor Lucinda Jenkins, it is ideal for people who want to improve their range of movement.

"Just Move" is a low impact cardiovascular strength and flexibility class.

Cost is \$5 per 30 minute session.

If you would like further information, please contact CMH on 5554 2555.

