



# CASTERTON HEALTH & HOSPITAL HAPPENINGS

CGA0352663



WELCOME  
*Pink Ribbon  
Breakfast*

IT'S SIMPLE, IT'S SOCIAL, IT SAVES LIVES.

## Brought to you by CMH Community Health

**Where:** Spill the Beans  
**When:** Friday 19th October 2018  
**Time:** 8am - 10.30am  
**Cost:** \$15 adult, \$10 child

Guest speaker – Dr Chris Wilson  
at 8:30am and 9:30am

**Wear pink!**

## Men's Lunch

Come and join our monthly event for the men of the community to enjoy lunch and conversation together



Please note change of venue

**Where:** Entwined Restaurant  
**When:** Monday 15th October 2018  
**Time:** 12 noon to 1:30pm  
**Cost:** Pay for own lunch & drinks  
*If transport is required, please call CMH Reception on 5554 2555*

## Strength & Balance Exercise Class

A falls prevention program promoting active living.  
Wednesdays at 11:00am and  
chair based class at 1:00pm  
Cost - \$5.00

*If you have any enquiries, or would like to participate, please contact CMH on 5554 2555.*

## Breast Screen Bus to Portland

Tuesday 30th October 2018  
Bus leaves Casterton Hospital  
at 8.45am from rear car park

Bookings are essential

*If you require further information,  
please contact Lucinda Jenkins  
at CMH on 5554 2555*

No charge



BreastScreen  
Victoria  
Caring about Women

THE

# RESILIENCE PROJECT™

## COMMUNITY INFORMATION NIGHT

Teaching young Australians to be  
Mentally Healthy

Mental Health is as important as our physical  
wellbeing. Learn about methods to  
support a healthy mind.

Guest Speaker: Martin Heppel

**When:** Thursday 8th November 2018  
**Time:** 7pm, Supper provided  
**Where:** Casterton Town Hall

*RSVP for catering purposes to  
mail@cmh.org.au or phone 5554 2555*