



# CASTERTON HEALTH & HOSPITAL HAPPENINGS

CHA0253894

## Providing Services in:

### Acute Healthcare:

- \* Urgent Care
- \* Doctors 24/7
- \* Medical care
- \* Day procedures
- \* Palliative Care
- \* Respite
- \* Postnatal/Midwifery Care
- \* Dialysis
- \* X-Ray services
- \* Equipment Hire

### Residential Aged Care:

- \* 30 well appointed rooms
- \* 24/7 Registered Nurse and GP care
- \* 7 day supported Activity Program
- \* Pleasant, comfortable décor and gardens
- \* Rehabilitation programs
- \* Free Foxtel to lounges

### Primary Healthcare:

- \* District Nursing
- \* Social Support Group
- \* Visiting Specialists
- \* Midwifery home visits
- \* Exercise Programs
- \* Physiotherapy
- \* Dietetics
- \* Audiology
- \* Podiatry
- \* Speech Therapy
- \* Mental Health
- \* Telehealth/Skype
- \* Home Maintenance
- \* Meals on Wheels
- \* Community Taxi
- \* Function Room Hire
- \* Video Conferencing
- \* Catering
- \* Bus Hire

## Men's Lunch

Enjoy lunch at Entwined on the  
3rd Monday of each month from 12 noon

**19th August**

**16th September**

**21st October**

Transport is available from 11:00am  
For inquiries or to book transport, please  
contact CMH Reception on 5554 2555

*Bus pick-up time is from 11am*



## EXERCISE CLASSES

If you would like to increase your fitness, coordination and flexibility or improve your strength and balance while keeping physically active and social, please join one or more of the following classes held at CMH.

### Cardiovascular Group (with Physiotherapist)

Tuesdays from 10:00 to 10:30am

Cost \$2

### Going Strong (with Fitness Instructor)

Wednesdays from 11:00 – 12 noon

Cost \$5

### Strength & Balance (with Fitness Instructor)

Wednesdays from 1:00 – 2:00pm

Cost is \$5

Transport is available (includes fruit and water after the class)

### Walking Group – adapted for all fitness levels

Cost \$2

Fridays from 9:30 – 10:30am

(includes morning tea)

### Just Move (with Fitness Instructor)

Fridays from 11:00 – 11:30am

Cost \$5

If you would like further information on any of these classes,  
please contact CMH Reception on 5554 2555