

# what's on



## Ovarian Cancer Awareness Month

Ovarian cancer is a disease where some of the cells in one or both ovaries start to grow abnormally and develop into cancer.

**Every woman needs to know the symptoms of ovarian cancer. Make sure you do.**

It can be difficult to diagnose ovarian cancer because the symptoms are ones that many women will have from time to time, and they are often symptoms of less serious and more common health problems.

But we do know that ovarian cancer is NOT a silent disease. Women who are diagnosed with ovarian cancer report four types of symptoms most frequently:

- Abdominal or pelvic pain.
- Increased abdominal size or persistent abdominal bloating.
- Needing to urinate often or urgently.
- Difficulty eating or feeling full quickly.

If you have any of these symptoms, they are new for you and you have experienced them multiple times during a 4-week period, download a [Symptom diary](http://www.ovariancancer.net.au/awareness/symptoms/) from <http://www.ovariancancer.net.au/awareness/symptoms/> or come and collect one from Timboon and District Healthcare Service. Ovarian Cancer Australia's Symptom Diary helps you to monitor your symptoms. You can then take the completed diary to your doctor to assist with diagnosis.



## Opportunity Shop



**Curdievale Rd,  
Timboon**

### Opening Hours

**Monday - Friday  
10:00am - 4:00pm**

**Saturday  
10:00am - 1:00pm**

An assortment of pre-loved men's, women's and children's clothing, accessories and homewares.

*All proceeds fund vital services and equipment*



## calendar of events February

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BBWB, REHAB Walking Group SWIMMING CAR 30	Tai Chi, Gentle Ex Physio Cobden Planned Activity Gp 31	Chiropractor Circuit, Balance Strength Tr, Rehab Diabetes Education Cobden Planned Activity Gp 1	BOOKWORMS Speech Timboon Planned Activity Gp 2	Dietitian Private Podiatry Tai Chi, Strength Tr, Men's Strength 3	4	5
BBWB, REHAB Contenance Nurse Walking Group SWIMMING CAR 6	Tai Chi, Gentle Ex Physio, Men's Shed Cobden Planned Activity Gp 7	Chiropractor Circuit, Balance Strength Tr, Rehab Public Podiatry Friendlies Cobden Planned Activity Gp 8	Speech Men's Shed Timboon Planned Activity Gp 9	Speech, Tai Chi, Strength Tr, Men's Strength Dietitian Timboon Planned Activity Gp 10	Private Dental 11	12
BBWB, Rehab Contenance Nurse Walking Group SWIMMING CAR 13	Tai Chi, Gentle Ex Physio, Men's Shed Cobden Planned Activity Gp 14	Chiropractor, Circuit, Balance Strength Tr, Rehab Diabetes Education Cobden Planned Activity Gp 15	Speech Men's Shed Timboon Planned Activity Gp 16	Physio, Tai Chi, Strength Tr, Men's Strength Private Podiatry Timboon Planned Activity Gp 17	18	19
BBWB, Rehab Public Podiatry Walking Group SWIMMING CAR 20	Physio, Tai Chi, Gentle Ex Men's Shed Cobden Planned Activity Gp 21	Chiropractor Circuit, Balance Strength Tr, Rehab Friendlies, Cobden Planned Activity Gp 22	Speech Men's Shed Timboon Planned Activity Gp 23	Speech Audiology Physio, Tai Chi, Strength Tr, Men's Strength Timboon Planned Activity Gp 24	Private Dental 25	26
BBWB, Rehab Contenance Nurse Walking Group SWIMMING CAR 27	Tai Chi, Gentle Ex Physio Men's Shed Cobden Planned Activity Gp 28	Chiropractor Circuit, Balance Strength Tr, Rehab Diabetes Education Cobden Planned Activity Gp 29	BOOKWORMS Speech Men's Shed Timboon Planned Activity Gp 1	Physio, Dietitian Tai Chi, Strength Tr, Men's Strength Private Podiatry Timboon Planned Activity Gp 2	3	4

MARCH



# TIMBOON FUN RUN

**Timboon Action**

# RAIL RUN

**Saturday 18<sup>th</sup> February, 2012**

**Start/Finish:** Timboon Railway Shed Distillery

Enjoy a scenic run along the sheltered Rail Trail to the Trestle Bridge & return 10km

POPES Bus transport to Trestle Bridge for 5km Run/Walk Start @ 9am

**Time:** 8am Registrations  
8.30am Start 10km Distillery Dash  
9am POPES Shuffle 5km Walk/5km Run

**Cost:** Individual \$20.00  
Family Walk \$25.00

Pre-Register by 20th Jan '12 to receive a **FREE T-Shirt & \$5.00 discount**  
FREE childcare available for participants - bookings essential

**GREAT FAMILY DAY OUT  
LOCAL MARKET  
KIDS RIDES**



For registrations and further information contact Camp Cooriemungle 5598 7254  
[www.timboonaction.org.au](http://www.timboonaction.org.au)



## Well Women's Clinic

A nurse skilled in the area of Women's Health conducts this **FREE** service.

**TIMBOON:**  
Monday—Thursday  
**COBDEN:**  
Wed 15th February

Appointments can be made by telephoning 5558 6000



## Diabetes Support Group

**Timboon Diabetes Support Group**  
In association with Diabetes Victoria

Wednesday 8<sup>th</sup> February, 2011  
12 noon

Timboon and District Healthcare Service  
Small Meeting Room

Guest Speaker : Tania Barker, Podiatrist

For more information contact:  
Hilary Loxley – 03 5598 3656  
Ingrid Rial – 03 5558 6000



# community noticeboard

## SWIMMING CAR TO AQUAZONE RECOMMENCES MONDAY 9th JANUARY

AQUA AEROBICS, SWIM or GYM  
Car Departs for Aquazone 9.00 am sharp  
from Timboon Bowling Club carpark (Fox St)  
Return to Timboon approx 12.30  
Cost - Aquazone Pool Charges



Bookings Essential on 5558 6000  
CAR WILL NOT RUN ON  
PUBLIC HOLIDAYS

## WALKING GROUP

Every Monday at 10.30am.  
Meet on the corner of Wark Street and Hospital Road.  
HAIL, RAIN or SHINE. Well sheltered walk. First Monday of month meet at rail trail.



## BOOKWORMS



Next Sessions at  
Timboon Library

Thursday 2nd February  
9.30am—10.30am  
Thursday 1st March  
9.30am—10.30am

### Timboon Men's Shed



Tuesdays 9.30—2.30  
Thursdays 9.30-12.30

Old Timboon Baptist Church  
Men of all ages welcome  
For Information call Sheryl  
5558 6047



## Osteopath

Timboon Osteopathic  
Clinic

**Bobbie French is  
working on Tuesdays**

For appointments call  
Timboon Clinic  
5558 6088

## Timboon Arthritis Support Group

Next Meeting  
Friday 10th February  
The Peterborough Hotel  
at 12.30  
Car pooling from Railway  
Shed at 12 midday

FOR MORE INFORMATION  
Paula Steen 5598 3179 or  
Robyn Drake 5598 3190

## EXERCISE TO MUSIC

Timboon Hall Supper Room  
Fridays from 10.00—11.30,  
with a cuppa in between  
EVERYBODY WELCOME

## SWIMMING COLAC

Every Wednesday  
Departs Timboon 8.30am via  
Cobden and Camperdown  
Returns 1pm  
\$5 plus pool costs

## FEED BACK & CONTRIBUTIONS

Phone: (03) 5558 6000 Fax: (03) 5598 3565

Email: [mgreen@swarh.vic.gov.au](mailto:mgreen@swarh.vic.gov.au) [anash@swarh.vic.gov.au](mailto:anash@swarh.vic.gov.au) [cdennis.tdhs@swarh.vic.gov.au](mailto:cdennis.tdhs@swarh.vic.gov.au)

