

what's on



Diabetes Services

Type 2 diabetes continues to be the fastest growing chronic disease in Australia with many Australians not realising the seriousness of developing type 2 diabetes, and the ongoing health and lifestyle complications including blindness, before it is too late.

The diabetes epidemic is growing by a staggering 275 new cases every day and we have 1 million Australians registered on the National Diabetes Services Scheme. For every person known to have type 2 diabetes another is yet to be diagnosed.

The burden of type 2 diabetes is increasing and it is expected to become the leading cause of disease burden by 2023.

Timboon and District Healthcare Services offer many services to support individuals at risk of developing or who currently have diabetes in both the Timboon and Cobden districts.

This includes:

- Diabetes Education
- Diabetes Workshops
- Diabetes Support Groups
- Better Health Self Management
- Chronic Disease
- Life—Taking Action on Diabetes, diabetes prevention program



For more information on Diabetes Services contact Ingrid Rial on 55586000



Audiology

HAVE YOUR HEARING ASSESSED



Focusing on the prevention of hearing loss, identification, assessment, diagnosis and treatment of hearing disorders.

Tim Raynor Audiology Visits
Timboon and District Healthcare Service on

- 15th July
- 12th August
- 9th September
- 7th October
- 4th November
- 2nd December

For appointments call 5560 5833



calendar of events July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BBWB, Rehab Walking Group SWIMMING CAR 2	Tai Chi, Gentle Ex 3 Public Dental Public Podiatry Dietitian Men's Shed 9.30-3 Cobden Planned Activity Gp	Chiropractor 4 Strength, Circuit, Rehab Cobden Planned Activity Gp	BOOKWORMS 5 Men's Shed Speech Timboon Planned Activity Gp	Private Podiatry 6 Timboon Planned Activity Gp	7	8
BBWB, Rehab Walking Group SWIMMING CAR 9	Tai Chi, Gentle Ex 10 Public Dental Men's Shed 9.30-3 Cobden Planned Activity Gp	Chiropractor 11 Rehab, Better Balance Circuit, Strength Training Friendlies, Diabetes Support Group Cobden Planned Activity Gp	Speech 12 Men's Shed Timboon Planned Activity Gp	Tai Chi 13 Strength Training Private Podiatry Timboon Planned Activity Gp	Private Dental 14	15
BBWB, Rehab Walking Group SWIMMING CAR 16	Public Dental 17 Tai Chi, Gentle Ex Physio, Public Podiatry Dietitian Men's Shed 9.30-3	Chiro, Diabetes Ed 18 Strength Training, Circuit, Rehab Better Balance Cobden Planned Activity Gp	Physio 19 Speech School Dental Men's Shed	Tai Chi 20 Strength Training Private Podiatry Timboon Planned Activity Gp	21	22
BBWB, Rehab Walking Group SWIMMING CAR 23	Public Dental 24 Physio, Tai Chi, Gentle Ex Men's Shed 9.30-3 Cobden Planned Activity Gp	Chiropractor 25 Strength Training, Circuit, Rehab Better Balance Friendlies, Cobden Planned Activity Gp	Physio 26 Speech Men's Shed Timboon Planned Activity Gp	Tai Chi 27 Strength Training Timboon Planned Activity Gp	Private Dental 28	29
BBWB, Rehab Walking Group SWIMMING CAR 1	Public Dental, 2 Tai Chi, Gentle Ex Public Podiatry, Physio Dietitian Men's Shed 9.30-3 Cobden Planned Activity Gp	Chiropractor 3 Strength Training Circuit, Rehab Better Balance Diabetes Education Cobden Planned Activity Gp	Physio 4 Speech Men's Shed Timboon Planned Activity Gp	Tai Chi, 5 Strength Training, Private Podiatry Timboon Planned Activity Gp	6	7

AUGUST



new program

We all try to be *Angels* with FOOD.

But that *little monster* in you demands chocolate...



Healthy Eating & Lifestyles Seminar

Theatre Royal Camperdown, Thursday July 7th 7.30pm

Presented by Dr Rick Kausman.

Dr. Kausman is a medical doctor recognised as a pioneer of the non-dieting approach to healthy weight management.

FREE ENTRY

Register on 5593 7132 & feed the monster...



Child Birth Education

CHILD BIRTH EDUCATION CLASSES



25th, 27th July and 1st, 3rd and 8th August
For prospective parents due August and September 2011

For further information and to register your name contact Amanda Nash on 5558 6000



Timboon Diabetes Support Group



Meeting



12 noon Wednesday 13th July, 2011

At Mrs. Loxley's house
27 Leahy's Lane, Timboon

Guest Speaker Steffi Persson, Social Worker

Come along and enjoy a delicious lunch (supplied) and stimulating conversation

For more information please contact:

Hilary Loxley – 03 5598 3656

Ingrid Rial – 03 5558 6049



community noticeboard

SWIMMING

TO AQUAZONE EVERY MONDAY

AQUA AEROBICS, SWIM or GYM
Car Departs for Aquazone 9.00 am sharp from Timboon Healthcare Service Foyer
Return to Timboon approx 12.30
Cost - Aquazone Pool Charges



Bookings Essential on 5558 6049

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 7th July
9.30am—10.30am

Thursday 4th August
9.30am—10.30am

Well women's clinic

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

TIMBOON:

Available anytime

COBDEN:

Wed 27th July / Wed 7th Sept

Appointments can be made by telephoning 5558 6049



Osteopath

Timboon Osteopathic Clinic

Bobbie French is working on Tuesdays

For appointments call Timboon Clinic 5558 6088

Timboon Arthritis Support Group

Next Meeting

Friday 8th July

Old RSL Hall at 1.30pm

Guest Speaker

Health Promotion Officer

Carly Dennis

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

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