

what's on



HEART DISEASE IS THE No 1 KILLER OF WOMEN IN AUSTRALIA

If you think heart disease only affects older men, you're wrong. Heart disease is the number one killer of Australian women. In fact, women are four times more likely to die of heart disease than breast cancer.

Go Red for Women is the Heart Foundation's campaign that unites women in the fight against heart disease – helping to raise awareness of their risk and promote healthier choices.

This year's campaign encourages women to [take action](#). You can take a positive step to improving your heart health right now by signing up for the [Healthy Heart Challenge](#) and committing to making a change that will improve your heart health and help you live a longer life.

The free 10 week [Healthy Heart Challenge](#) is designed to help Australian women make lifestyle changes necessary to improve their heart health and reduce their risk of developing heart disease.

Why not sign up with a girlfriend and support each other to lower your risk of heart disease together.

You can [Register now](#) on <https://healthyheartchallenge.goredforwomen.org.au/>



Healthy Heart Challenge



Women's Night

Timboon and District Healthcare Service present:

Women's Health Night

with

Kerry Cue

Come and join us for a night of laughs with one of Australia's foremost humorists, best selling author, columnist and electrifying speaker as she entertains and energises by showing you how to unburden the heart, unclutter the brain and have fun.

3 course meal
Drinks at bar prices
\$30 per person
Tables of Ten

Tickets available at
Timboon and
District Healthcare
ph: 5558 6049



Wednesday 11th May | 7.00pm—10.30pm | Timboon Golf Club



Proudly Supported by: bhpbilliton



calendar of events May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BBWB, Rehab Walking Group SWIMMING BUS 2	Tai Chi, Gentle Ex Public Dental Physio, Public Podiatry Men's Shed 9.30-3 Cobden Planned Activity Gp 3	Chiropractor Strength, Circuit, Rehab Diabetes Education Cobden Planned Activity Gp 4	Physio BOOKWORMS Men's Shed Timboon Planned Activity Gp 5	Speech Private Podiatry Timboon Planned Activity Gp 6	Private Dental 7	8
BBWB, Rehab Walking Group SWIMMING BUS Contenance Nurse 9	Tai Chi, Gentle Ex School Dental Men's Shed 9.30-3 Physio, Dietitian Cobden Planned Activity Gp 10	Chiropractor Rehab, Better Balance Circuit, Strength Training Friendlies, Diabetes Ed Diabetes Support Group Cobden Planned Activity Gp 11	Physio Speech Men's Shed Timboon Planned Activity 12	Tai Chi Strength Training Private Podiatry Timboon Planned Activity Gp 13	14	15
BBWB, Rehab Walking Group SWIMMING BUS 16	Public Dental Tai Chi, Gentle Ex Physio, Public Podiatry Men's Shed 9.30-3 Cobden Planned Activity Gp 17	Chiropractor Strength Training, Circuit, Rehab Better Balance Cobden Planned Activity Gp 18	Physio Speech Men's Shed 19	Tai Chi Strength Training Private Podiatry Speech Timboon Planned Activity Gp 20	Private Dental 21	22
BBWB, Rehab Walking Group SWIMMING BUS Contenance Nurse 23	Public Dental Physio, Dietitian Tai Chi, Gentle Ex Men's Shed 9.30-3 Cobden Planned Activity Gp 24	Chiropractor Strength Training, Circuit, Rehab Better Balance Friendlies, Diabetes Ed 25	Physio Men's Shed Timboon Planned Activity Gp 26	Tai Chi Strength Training Timboon Planned Activity Gp 27	28	29
BBWB, Rehab Walking Group SWIMMING BUS 30	Public Dental, Tai Chi, Gentle Ex Public Podiatry, Physio Men's Shed 9.30-3 Cobden Planned Activity Gp 31	Chiropractor Strength Training Circuit, Rehab Better Balance Cobden Planned Activity Gp 1	Physio Men's Shed Timboon Planned Activity Gp 2	Tai Chi, Strength Training, Speech Private Podiatry Timboon Planned Activity Gp 3	Private Dental 4	5



new program

CHIPPEROOS

A fun, exciting 5 week program for kids living with parents or siblings who have a chronic illness is starting up in Timboon from Thursday 5th May

The peer lead program gives members the opportunity to have some fun and form further friendships with people their own age; young people who understand the limitations and isolation that living with a chronic illness imposes. Activities include cooking, air hockey, ping pong, art and so much more; afternoon tea is provided.



Thursday's 4.30 – 5.30pm
at Timboon Baptist Church
(Bailey St)



For more information or to register
your child please call Kirsty on
5558 6049



flu vaccine

Annual seasonal influenza vaccine is strongly recommended and free for people who are at high risk. People who should receive influenza vaccine are:

- 65 years of age or over
- Pregnant women
- Indigenous people 15 years of age and over
- Residents of nursing homes
- Any person over 6 months of age with a chronic condition

Contact **Timboon Medical Clinic** on 5558 6088 or **Timboon and District Healthcare Service** 5558 6049 for your free vaccine.



Timboon Diabetes Support Group



Meeting



12 noon Wednesday 11th May, 2011
At Mrs. Loxley's house
27 Leahy's Lane, Timboon

Guest Speaker from Diabetes Victoria

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 BUS

TO AQUAZONE EVERY MONDAY

AQUA AEROBICS, SWIM or GYM
Bus Departs for Aquazone 9.00 am sharp
from bowling club car park
Return to Timboon approx 12.30
Cost - Aquazone Pool Charges



Bookings Essential on 5558 6049
BUS DOES NOT RUN
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 5th May
9.30am—10.30am
Thursday 2nd June
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:

Thurs 16th June / 27th July

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 13th May
Lunch at Timboon Hotel
12 midday
Being Friday 13th dress up in
something special
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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