

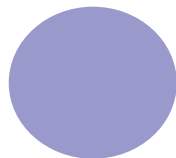


CMH Community Health

*Committed to providing
quality primary care to the
residents of Casterton &
surrounding districts.*



CMH Community Health Facility



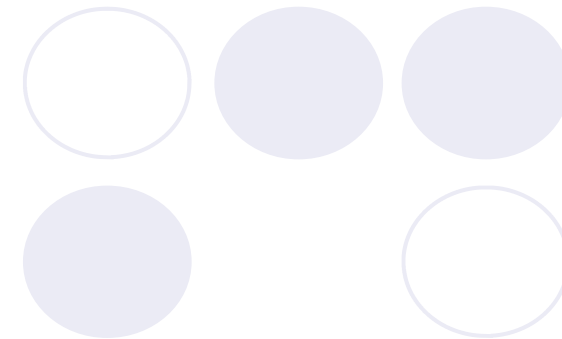
Casterton Memorial Hospital

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CASTERTON

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Community Health Nurses

Casterton Memorial Hospital

A Fully Accredited
Health Care Facility



Community Health

Aim:

- To provide quality health welfare services to the community

Objectives:

- To promote good health and wellness via education and information.
- To improve quality of life, through better physical, social, mental and environmental health.
- To provide advice and information on health related subjects and refer on to appropriate agencies as necessary.



Community Health Nurses

Our community nurses are available for:

- Individual consultations
- Health Information Sessions for groups, clubs/organizations, communities or individuals.
- Health education and promotion in Primary & Secondary schools plus pre school organizations.
- Support groups

Topics include:

- | | |
|---------------------------------------|--------------------------|
| Asthma | Diabetes |
| Arthritis | Basic Nutrition |
| Cancer | QUIT |
| Sunsmart / Skin cancer awareness | |
| Women's Health - | Osteoporosis |
| | Menopause & HRT |
| | Breast self examination. |
| Falls Prevention | Physical activities |
| Men's health issues... and many more! | |



Services:

- Advice, assistance & referral for Health Information Services
- Programs and Presentations to Community groups & organizations.
- Screening by appointment -
 - Blood Pressure: FREE
 - Blood Glucose: \$2.00 charge
- Videos and other material are available for loan (some items have a small charge)

**For further information contact
Sheila Bramall or Paula Layley-Doyle
on (03) 555 42 555**

