Heartmovemoves is a gentle physical activity program suitable for anyone who hasn't done any exercise in a while. You can exercise at your own pace in a friendly group atmosphere.

Heartmovemoves is open to everyone and is designed to be safe for people with stable long term health conditions such as heart disease, diabetes or obesity.

Regular participation can help to:

- Better manage weight, blood sugars, blood pressure and cholesterol.
- Improve fitness balance coordination strength and flexibility.

Interested? Why not Come n’ Try

Monday 21st May from 2pm - 3pm.

Meet Exercise Coordinator Tracey Heeps who will introduce you to the new program and give you a chance to try a few moves before the program commences.

To register your attendance please phone Kirsty 5558 6000

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**calendar of events May**

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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</thead>
<tbody>
<tr>
<td>BBWB, REHAB Walking Group SWIMMING CAR</td>
<td>Tai Chi, Gentle Ex Physio Men's Shed Cobden Planned Activity Gp</td>
<td>Chiropractor Public Dental Circuit, Balance Strength Tr, Rehab Cobden Planned Activity Gp</td>
<td>BOOKWORMS Speech Diabetes Education Men’s Shed Timboon Planned Activity Gp</td>
<td>Speech, Physio, Private Podiatry Tai Chi, Strength Tr, Men’s Strength Timboon Planned Activity Gp</td>
<td>Private Dental</td>
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<td>Active Expectations 7 BBWB Public Podiatry Walking Group SWIMMING CAR</td>
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<td>Active Expectations 14 BBWB, Continenence Nurse Walking Group SWIMMING CAR</td>
<td>Tai Chi, Gentle Ex Physio Men’s Shed Cobden Planned Activity Gp</td>
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**Thurday May 17th**

Leaving at 9am - returning before 5pm

Bus leaves Timboon Healthcare Service Carpark

Booking essential.

To book your seat please phone Kirsty on 5558 6000

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JUNE

Community Garden
CARERS LUNCHEON AND AFTERNOON
To be held at the Timboon Fire Station Conference Room
TIMBOON 8th May, 2012
12 Noon - Light Luncheon
1.00—3.00pm
Sing your cares away with Serena Griffin—Carers Victoria
RSVP to Fiona Hanel 5558 6033

FROM the beginning of May Timboon will have the Red Cross car the first week of each month. THIS CAR IS AVAILABLE FOR MEDICAL APPOINTMENT TRANSPORT
The Red Cross Car is available outside of this week for long distance appointments to Ballarat, Geelong and Melbourne. We will always try to accommodate an appointment for someone by not only trying Warrnambool, but Colac and Geelong Red Cross cars.