



## OTWAY HEALTH NEWS

In the event of an emergency please call 000.

Our Urgent Care Unit operates 24 hours per day / 7 days per week.

Location: 75 McLachlan Street, Apollo Bay

For more information and to book health and community services please phone

Otway Health Reception: (03) 5237 8500 or email [info@otwayhealth.org.au](mailto:info@otwayhealth.org.au)



### Dr Denise Ruth Returns from Leave

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We are pleased to welcome back Dr Denise Ruth to the Medical Centre as of Tuesday 18 September.

Denise has lived in Apollo Bay for over 15 years and has worked here as a GP

from 2001 to 2008, returning to the Medical Centre in January 2018 after a period working away in Geelong and Melbourne.

Denise brings over 35 years of experience as a GP, medical educator, researcher, and public and community health physician. She provides general practice care including preventive, pregnancy, aged and palliative care.

She looks forward to helping build the Medical Centre to its full potential, including training medical students and supervising GP Registrars in rural practice.

She is also enjoying her permaculture garden, presenting the Explore Classical radio program on Apollo Bay Radio 87.6FM, and getting involved in the community life of Apollo Bay.

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**Dr Ruth is usually available on  
Tuesdays, Wednesdays and Thursdays.**

To make an appointment to see Dr Ruth please phone (03) 5237 8595.

### Second Sails - NEW Trading Hours

Monday to Friday, 9.30am - 4.00pm

Saturday, 9.30am - 3.00pm

### Exercise Class Cancellations

Please note that the following classes have been cancelled due to hall unavailability.

**Healthy Balance - Tuesday 9 October**

**Strength for Life - Wednesday 10 October**

We apologise for any inconvenience.

Download and listen to Otway Health's podcasts featuring the latest health and wellbeing information - [otwayhealth.org.au/latest-news/podcasts](http://otwayhealth.org.au/latest-news/podcasts)

### VISITING AND SUPPORT SERVICES

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#### Physiotherapy

Monday 10 September and Tuesday 11 September  
To make an appointment phone: 5237 8500.

#### Podiatry

Friday 14 September

To make an appointment phone: 5237 8500.

### Mobility and Balance Classes - Enquire Today!

Would you like to access classes designed to assist you to maintain or regain mobility and balance?

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**Did you know that Otway Health offers the following health services, plus more?**

Physiotherapy

Dietician

Occupational Therapist

Exercise Physiologist

Social Work

Allied Health Assistance

Health Coaching

Diabetes or Asthma Education

Wound Management

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Please contact the Intake Officer at Otway Health for more information and to learn how to access these and our other services.

Over 65? Enquire today about your eligibility to receive subsidised rates for these services.

**Phone: (03) 5237 8500**

**Email: [otwayhealth@swarh.vic.gov.au](mailto:otwayhealth@swarh.vic.gov.au)**

### STAY CONNECTED WITH OTWAY HEALTH

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**Otway Health Community Advisory Committee**

Email: [CAC.OH@swarh.vic.gov.au](mailto:CAC.OH@swarh.vic.gov.au)

**Otway Health Board**

Email: [otwayboard@swarh.vic.gov.au](mailto:otwayboard@swarh.vic.gov.au)

**Otway Health Website & Social Media**

[www.otwayhealth.org.au](http://www.otwayhealth.org.au) / [@otwayhealthcomms](https://www.facebook.com/otwayhealthcomms)