

**24/7 On-call After Hours Service — Otway Health Ph: 5237 8500**

**Location: 75 McLachlan Street, Apollo Bay**

Apollo Bay Medical Centre Ph: 5237 8595 | Email: [apollobaymedicalcentre@gorh.vic.gov.au](mailto:apollobaymedicalcentre@gorh.vic.gov.au)

Otway Health Reception Ph: 5237 8500 | Email: [enquiries@gorh.vic.gov.au](mailto:enquiries@gorh.vic.gov.au)

### A Message from our CEO

It's Valentine's Day this week, time to think about our hearts and heart health. Make an appointment with one of our GPs to discuss any tests which give clues to the health of our heart.

The risk factors for heart disease include high blood pressure, high cholesterol, diabetes, smoking, obesity, an unhealthy diet and physical inactivity. Some of those risk factors are very easy to improve, increasing physical activity and improving your diet are quick and easy ways of getting healthier and reducing your risk of heart disease and many other diseases.

At Great Ocean Road Health, we have a dietician who can give you advice on what to eat and what not to eat, we have physiotherapists, an exercise physiologist and walking groups for you to join.

Happy Valentine's Day!

Think of your heart this week and take action.

Thanks,

Sandy

### Apollo Bay Exercise Groups

**Warm Water Exercises Monday** at 10.30am and Thursday at 9.30am. Apollo Bay Aquatic Centre. \$10 per class.

**Healthy Balance Wednesdays** at 11.15am - 12.15pm. Senior Citizen Hall, Whelan Street, Apollo Bay. \$10 per class.

**Strength For Life Tuesday and Wednesday** at 9.30am - 10.30am. Senior Citizen Hall, Apollo Bay. \$10 per class.

**Mixed Gym Group** – Monday and Wednesday at 2pm. The Gym, Apollo Bay.

**Walking Group** – Meet at the information centre at 9.30am on Tuesday mornings. Walk followed by coffee.

\*An initial physio assessment will be necessary before attending these classes (with the exception of the walking group).

Please bring your own water bottle. For any more information on the above, please call 5237 8575.

### Mental Health First Aid Course

We have a number of spots left for our Mental Health First Aid Course in March.

Spotting the signs and symptoms of a mental illness in a friend, family member or colleague and knowing how to help them can change lives. The Standard Mental Health First Aid course typically costs \$250 but GORH run courses are significantly subsidised and cost just \$20.

Upcoming Dates:

Date: Saturday 18 & Sunday 19 March, 2023

Time: 8.45am - 4pm

Where: Apollo Bay - Marrar Woon Neighbourhood House

Cost: \$20

Booking essential: [www.trybooking.com/CEOKR](http://www.trybooking.com/CEOKR)

### February Women and Men's Lunches

Ladies lunches will commence for 2023 on Friday the 24<sup>th</sup> of February at 12pm. Ladies lunches will now be held at **Great Ocean Road Brewhouse**. To RSVP please contact reception on 5237 8500.

Men's lunches will commence for 2023 on Monday the 27<sup>th</sup> of February at 12.30pm. Men's lunches will now be held at **Great Ocean Road Brewhouse**. To RSVP please contact reception on 5237 8500.

### Second Sails Update

Please note, Second Sails hours are;

Monday 10am—4pm

Tuesday 10am—1pm

Wednesday/Thursday/Friday 10am—4pm

Saturday 10am—3pm.

We also have gift certificates for sale for that special someone.

Always looking for new volunteers too!

We are very grateful for the work the Op Shop Team provides to our service. Thank-you.