

# KOOWEERUP REGIONAL HEALTH SERVICE



235 Rossiter Rd. Koo Wee Rup. Vic. 3981  
Ph: 5997 9679 Fax: 5997 1248  
Email: gregorys@krhs.net.au  
Website: www.kooweeruphospital.net.au

April  
2018

**KRHS** is a small 72 bed Public Hospital Servicing outer South East Melbourne and adjacent rural areas. We provide a range of centre and community based services: Acute Care, Early Parenting Unit, Transitional Care Program, Respite and Residential Aged Care, Community Health, District Nurses, Pathology and Allied Health for example: Physiotherapy, Occupational Therapy and Social work. There is also Specialist Medical Services such as Cardiology, a Podiatrist and Diabetes Clinic. KRHS is a member of the 'International Health Promoting Hospitals Network' and 'Global Green and Healthy Hospitals'.

## Home Care *We're here for you*

Most of us don't want to think about needing support when we get older, some people find it hard to accept they may need help, so it's important to know what your options are.

We can help you every step of the way. Our experienced Care Advisors will give you the support you need and help you live as independently as possible in your own home.

- We are committed to help you obtain high quality, reliable care, with flexible times that suit you, 7 days a week.
- KRHS is government approved to provide home care packages,  
**call: 5997 9686 and see how we can make a difference in your life**

### **Just some of our services:**

Qualified professional nursing care.  
Domestic and personal care.  
Physio, Occupational Therapy, Dietetics (Allied Health). Gardening and home maintenance. Shopping and transport.

## Awareness through Movement

According to the Feldenkrais Method ®

**Starts Feb. 14th 2018**



Awareness through Movement is a gentle exercise session that uses slow, mindful movements to help improve balance, coordination, thinking ability and breathing.

**Wednesday mornings at 9.30am**

Eco House Community Room  
215 Rossiter Road Koo Wee Rup

\$5.00 per session

Call Martina for more information and bookings 5997 9679

## Sustainable Living Workshops 2018

### Energy

**Saturday 21st April  
10am - 1pm**

Come and find out about energy efficiency, energy savings and the Victorian energy upgrades



Free Workshops. Come, learn and build skills in living more sustainably at the

**Hewitt Eco House  
215 Rossiter Road  
Koo Wee Rup**

RSVP  
**Lea Duff**  
5997 9790  
duffl@krhs.net.au

Supported by  
Cardinia Shire Council



Saturdays 10am - 1pm  
3rd March - Climate  
21st April - Energy  
19th May - Waste  
23rd June - Water  
21st July - Garden  
18th August - Food

