

# 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

August  
2016

**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'.

## Find out how to make YOUR HOME a Healthy and Sustainable Home

Free Workshops, Free Sustainable Homes Folder, Free Showbag, Free Light Lunch

Saturday 20th August, 10am - 1pm, **Energy Saving in the Home**  
Saturday 17th September, 10am - 1pm, **Solar Electricity and Battery Storage**  
Saturday 22nd October, 10am - 1pm, **Water and Waste**  
Saturday 19th November, 10am - 1pm, **Garden Sustainability**  
Plus, adapting to climate change, sick building syndrome, saving money in the home.



Bookings essential: Brian Harlow 5997 9687

Hewitt Eco House, 215 Rossiter Road, KWR

## CEO/DON Terrona Ramsay farewells Koo Wee Rup

After 20 years at the helm, Chief Executive Officer and Director of Nursing, Terrona Ramsay has resigned from KRHS. Over the years she has earned great respect from her peers and the community leaving KRHS in a strong and diversified position. Everyone wishes her well for future endeavours and thanks her for her immense contribution to KRHS. Frank Megens has taken over as interim Chief Executive Officer and David Ramsay, previously Manager of Westernport was successful in gaining the position of Director of Nursing.



## New Computer Classes

Commencing 5th August **Enrol now**

Classes are held in the Koo Wee Rup Men's Shed, 215 Rossiter Road, Koo Wee Rup.

Friday mornings suit absolute beginners at 9.00am and the more advanced at 10.00am.

Bookings essential as places are limited to 5 per group.

Please phone Geoff 5997 1974, or Brian 5997 9687



## Feel better with Pilates

Pilates involves working on a healthy posture and core strength which is excellent for the lower back and flexibility

**Go Local!**

Conveniently located at the Hewitt Eco House  
215 Rossiter Road, Koo Wee Rup.  
*Suitable for beginners and the more advanced.*

Monday evenings 6 - 7pm  
Friday mornings 11am - 12noon

**Term 3, 2016 commencing 11th July**  
9 classes \$75.00 or \$10.00 casual class  
Please note: there will be no classes on  
Fri 12th and 19th Aug. or Mon 15th and 22nd Aug.

For more information please contact Marlene  
0429 814 410