

KOOWEERUP REGIONAL HEALTH SERVICE



235 Rossiter Rd. Koo Wee Rup. Vic. 3981
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Email: gregorys@krhs.net.au
Website: www.kooweeruphospital.net.au

October
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'.

The second workshop was even better, don't miss the third one, BOOK NOW

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

Free Workshops, Free Sustainable Homes Folder, Free Light Lunch

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



KRHS Volunteer program is expanding to take in a variety of volunteering opportunities, you can apply to assist in the following areas: Administration, Auditing, Consumer Advisory Committee involvement and gardening. Please feel free to call Maria Canty to discuss further on 5997 9792 (Wed & Thurs).

Infant Feeding Clinic

Kooweerup Infant Feeding Clinic provides free personalised advice and support to families with infants from Internationally Accredited Lactation consultants.

We can assist and support you to overcome many common problems. Please call 5997 9679 for appointments and more information.

THE HUB



The Hub is a free, informal and confidential health service available to all young people aged 10 to 25.

Helping youth to take an active role in the care of their health.

Phone Brian 5997 9687 for more information

Every Wednesday 12.00 - 4.30pm
215 Rossiter Road, KWR



FREE OCTOBER

Term 4 Pilates

FREE OCTOBER TASTER CLASSES

Pilates for good posture and core body strength.
Suitable for all ages & abilities.

When: 6.00 pm Mondays or 11.00 am Fridays
Where: Hewitt Eco House, Kooweerup Regional Health Service, Rossiter Road Koo Wee Rup.
Cost: FREE CLASSES IN OCTOBER
then \$10 casual or \$55 Term fee (fully qualified teacher)

Enquiries to:
Marlene on 0429 814 410



Term 4, 2016 commences 3rd October
Please note: No classes Melbourne Cup Week