

**YOUR COMMUNITY,
YOUR FAMILY,
YOUR HEALTH ...**

**IN
JUNE**



85 - 91 Commercial Road,
YARRAM 3971
Telephone **5182 0222**
Facsimile **5182 6081**
Email **ydhs@ydhs.com.au**
Web **www.ydhs.com.au**

YOUR YDHS CLOSURE OF HEALTH SERVICE ENTRANCE AT COMMERCIAL ROAD

The refurbishment works at YDHS continue.
All visitors to YDHS are reminded that the entrance to the Health Service buildings at Commercial Road is now closed.
Direct access to the Multipurpose Centre and Maternal & Child Health remains the same.
All other visitors to YDHS should enter the health service at the Main Entrance via Devon Street.
The car park and ramp make for easy access for people of all abilities.

YDHS MONTHLY EVENTS

Balance and MobilityMondays11am-12 noonRehab Gym
Prime Movers.....Wednesdays11am-12 noon and
 Friday11am-12pmRehab Gym
Tai Chi.....Mondays10-10.45amSmall Multipurpose Room (MPC)
Cardiac Rehab.....Tuesdays10am-12 noonRehab Gym
Pulmonary Rehab.....Commences Thurs 11 June.....1-3pm, then
 Mon and Thurs1-3pmRehab Gym
Walk and Talk.....Wednesdays and Fridays9amUnder the palm tree
DietitianTuesdays10am-3.30pm
Foot Clinic.....Wednesdays.....9.30-3.30pmBaker's
Lung Clinic.....Wednesday,10th June.....12.40pm-4.00pm Yarram Medical Centre
Well Women's Clinic.....Thurs 16th JulyBaker's
Cancer Self Help Group ..Tuesday 7th July.....1.30-3.00 pmBaker's
Arthritis Self Help GroupWednesday 8th July10.30-12 noonBakers
Diabetes Self Help Group..Wednesday 1st July1.30 pm-3.00 pm ..Bakers
Carer's Self Help Group ..Wednesday 24th June.....1.30 3.00 pmBakers
Heart Self Help Group.....Tuesday 30th June12 noon - 1pmSmall MPC
Better Health Management Commences Wednesday 17th June (See details in this feature)

YOUR HEALTH BETTER HEALTH SELF MANAGEMENT COURSE

Do you have arthritis, a heart condition, asthma, emphysema, cancer, diabetes or some other condition that does not go away?

Do you feel like the condition is controlling you, not you controlling it?

Perhaps a Self Management Course is the answer for you?

Kate Lorig of The Sandford University in USA researched a group of 1000 clients during which some of the group started regular weight training exercises using simple items such as packets of dried grains and cans of food.

Participants started to become more active, more involved in the management of their health, appeared happier and in some cases had a reduction in the amount of medication they were taking.

This study was the beginning of the Arthritis Self Management Course, which was later adopted by Arthritis Australia and the course now includes control methods for other chronic conditions.

Renamed the "Better Health Management Course" you will learn how to manage your symptoms, lessen you frustration, fight fatigue, work more effectively with your health care providers, make daily tasks easier and get more out of life.

Yarram & District Health Service is running the Self Management course on Wednesdays commencing on June 17, 2009 until July 22, 2009 from 10.00am to 12.00 noon at Baker's Community Centre.

Cost is a gold coin donation for each session.

If you are interested please phone YDHS on 5182 0222 during office hours.

YOUR COMMUNITY CROSSLEY HOUSE CALL FOR VOLUNTEERS

Do you have a few hours a week to spare to become a Volunteer at Crossley House?

Residents need company for activities, exercise groups, outings and conversation. Anyone interested please contact Anne or Maria at Crossley House for more information. **Phone: 5182 5030.**