

## BENALLA COMMUNITY HEALTH PROGRAMS

For information about our full range of programs and services, please call 5761 4500  
or check our website: [www.benallahealth.org.au](http://www.benallahealth.org.au)

PROGRAM	DESCRIPTION	CONTACT
<b>Arthritis Support Group</b>	4 <sup>th</sup> Monday of the month 10.00-12 noon <b>GOLD COIN DONATION</b>	Benalla Community Health 5761 4500
<b>Boob Bus</b>	Regular bi monthly service to BreastScreen for eligible women, supported by Community Health Nurse. <b>FREE</b>	Benalla Community Health 5761 4500
<b>Carer's Support Group</b>	1 <sup>st</sup> Wednesday of the month 1.30-3.30pm <b>GOLD COIN DONATION</b>	Benalla Community Health 5761 4500
<b>Diabetes Information &amp; Support Group</b>	This group meet quarterly and is provided with the latest diabetes information and facts. Participants enjoy the support of each other and can enjoy a healthy two course meal <b>(\$12)</b>	Benalla Community Health 5761 4500
<b>Intermediate Strength and Endurance Training</b>	An activity class for people who may not be confident or able to go to a gym, includes a mix of light weights and aerobic activity, fully supervised by a physiotherapist. Assessments are done before clients will be put into group to ensure all activities are appropriate Benefits: supervised physical activity, company, very safe and supportive environment (Wed & Fri) <b>\$5</b> . Arrangements can be made for special cases	Benalla Community Health 5761 4500
<b>Parkinson's Support Group</b>	4 <sup>th</sup> Wednesday of the month 11-1 <b>GOLD COIN DONATION</b>	Benalla Community Health 5761 4500
<b>PEEP Programs</b>	Group parenting program coordinated by "Tomorrow Today" Foundation. <b>FREE</b>	Tomorrow Today 5762 1211
<b>QUIT Educator</b>	Accredited QUIT Educator for support to quit smoking. <b>FREE</b>	Benalla Community Health 5761 4500
<b>REACH Cooking Program</b>	A cooking program aimed at people living on their own, who have limited cooking facilities or have an interest in food and cooking in a relaxed social environment. Benefits of participating in this program include: good company, learning new cooking skills and best of all enjoying a healthy and tasty meal. Waminda Neighbourhood House, <b>FREE</b>	Benalla Community Health 5761 4500
<b>Real Men Make Great Dads</b>	Real Men Make Great Dads is an interactive program for Dads run over several sessions. Programs are run at intervals over the year. <b>FREE</b>	Benalla Community Health 5761 4500
<b>Rock and Water</b>	The Rock and Water program for women and girls teaches basic self defence skills, assertive communication skills and increases personal awareness of the reaction of body and mind in stressful situations. This program is run at intervals through the year. <b>FREE</b>	Benalla Community Health 5761 4500
<b>Tai Chi</b>	Beginners Tai Chi run by a physiotherapist. Particularly good for improving balance. <b>\$6</b> per session.	Benalla Community Health 5761 4500