

COMMUNITY HEALTH

easternhealth

Healesville Hospital and Yarra Valley Health

easternhealth.org.au



If you have any English language difficulties, please ask staff to book an interpreter.

From home contact the Telephone Interpreter Service on 9605 3056.

Services are provided free of charge. Ask staff if this information is available in your preferred language.

Strong and Steady - Warburton

This is a group exercise program for older adults. The program focuses on strength training to help strengthen your muscles and bones, improve your balance, coordination, flexibility and increase your overall health and fitness.

When:

Thursdays: 9am - 10am

Where:

Warburton & Millgrove Sports Complex
Warburton Hwy, Warburton

Cost: \$5.00 per session

Please bring your own:

- water bottle
- hand towel
- wear comfortable, loose fitting clothing and supportive, non slip footwear
- any medication you may need, such as asthma puffers, anginine, jelly beans, etc.



Please note:

You will need to be assessed by a Physiotherapist before commencing this program.

TO BOOK YOUR ASSESSMENT APPOINTMENT:

P: 1300 130 381 (Mon to Fri)

E: communityhealth@easternhealth.org.au

This service is supported by funding from the Commonwealth and Victorian Governments

For more information or to book an appointment, call 1300 130 381



Protecting Your Privacy

Eastern Health is committed to protecting your privacy.

We will keep your personal information secure and will disclose information about you only when required or permitted by law.

We comply with relevant information and privacy legislation.

If you would like more information, please ask a staff member or visit our website www.easternhealth.org.au

Eastern Health is accredited by the Australian Council on Healthcare Standards.

5 Arnold Street, Box Hill, Victoria 3128

1300 342 255

What are the costs?

The level of fees you will have to pay is dependent on your income and whether you have a concession card.

Due to high demand, there may be a waiting time for this service.

What else do we offer at Healesville Hospital and Yarra Valley Health?

- GP clinic, including After Hours service
- Renal Dialysis
- Pathology
- Radiology
- Surgery
- Specialist Outpatient clinics
- District Nursing
- Aboriginal Health team

If you are unsure which services you require, we will be able to offer guidance. Our 'No Wrong Door Policy' ensures that if we cannot help you, we will direct you to a service better suited to your needs.

For Further Information

Phone: 1300 130 381

Fax: 5962 1458

Monday – Friday

9.00am – 5.00pm

CommunityHealth@easternhealth.org.au

Location details:

377 Maroondah Hwy, HEALESVILLE 3777

- Bus Stop (corner Eadie Avenue & Maroondah Hwy)
- Car parking onsite

2475 Warburton Hwy, YARRA JUNCTION 3797

- Bus Stop (in front of Eastern Health building)
- Car parking onsite

Website:

<https://www.easternhealth.org.au/locations/healesville-hospital-and-yarra-valley-health>



Feedback

If you have any feedback or suggestions on how to improve this information sheet, please contact the Centre for Patient Experience at our email address: feedback@easternhealth.org.au or call 1800 327 837

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