

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.

Tai Chi for Arthritis

Tai Chi is a gentle and slow exercise of the body and mind that improves overall fitness and promotes relaxation.

Tai Chi has proven benefits of:

- Overall wellbeing
- Balance of body and mind
- Improved confidence
- Preventing falls and injury
- Improved energy
- Feeling peaceful
- Reducing pain and stiffness

When:

Tuesdays: 2pm - 3pm

Where:

Physiotherapy Gym
Healesville Hospital and Yarra Valley Health
377 Maroondah Hwy, Healesville

Cost:

\$5.00 per session



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

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.

There is no charge to healthcare card holders.

Due to demand for services there may be a waiting time for some services.

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

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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