



New Board Chair

FEELS RIGHT AT HOME PG 3



New Service PG2



Services
GUIDE

PG 4, 5, 6

*Meet our
newest GP*

PG7



Fantastic facilities are just what James prescribed



James MacAuslan took one look at Timboon and District Healthcare Service's (TDHS) state-of-the-art gym and knew it was where he wanted to ply his trade.

The exercise physiologist has just filled a brand-new position at TDHS – a position that was driven by the community during the Community Survey and Conversation Caravan project conducted in 2018.

James said he was working alongside Allied Health Assistant Tracey Heeps, and physiotherapist Sarah Rahles-Rahbula to deliver a new service for the whole area.

"I'm a qualified exercise physiologist which is different to a physiotherapist. We treat clients purely with exercise prescriptions that are tailored for their individual needs," he said.

"Whereas a physiotherapist offers hands-on treatments to manage acute injuries, exercise physiologists deliver clinical exercise programs to treat the symptoms of chronic illnesses including cardiovascular disease, neurological diseases like Parkinson's and metabolic diseases such as diabetes."

James said he had worked in the same role in Canberra and Hamilton, but had never enjoyed facilities like those available to the community in Timboon.

"I couldn't believe all this space and equipment was here when I first saw it. For such a small health service to have such a good set up is fantastic. There's so much scope to broaden programs for people – it's such an asset," he said.

James said clients could be referred to him by their GP, or they could self-refer by calling reception on 5558 6000.

"At the first appointment, we'll do a comprehensive medical history, talk through past exercise history, set some goals and work on relevant behavior changes," he said.

"We'll progress through a variety of tests to analyse base fitness, what we need to improve, what your strength is like and closely monitor heart rate, oxygen saturations and other measures to keep it safe and begin developing an exercise prescription.

"I like to see people, who are acutely unwell, weekly or at least fairly regularly at first. Then over time as their independence starts coming back, we progress towards a home exercise or community gym program.

"We work together very closely and everyone is different. I'm looking forward to continuing to work with clients I've already met and to meeting lots of new people who can benefit from having an exercise physiologist right here in Timboon."



CEO & CHAIR'S Report

Spring has sprung and TDHS are excited to introduce our new Board Chair, Frank Carlus, and welcome him to his new role. Frank shares some of his story on page three.

Spring is often a time when people are keen to clean out clutter and freshen up their home. But what about our mind and bodies? They are both indispensable and powerful vehicles for our experiences and we often take them for granted. Why not consider an internal spring clean this year and book into one of our services for an essential health check?

Statistics show that during COVID many of us delayed important annual check-ups and might have ignored some signals our bodies and minds were giving us. This spring

can be a fresh start. Sunshine and the warm weather will support spending more time outside, which can revive the body and mind and help shake off the 'winter blues'. However, sometimes a more intense interior review and redesign is required, just like a spring clean of our homes.

This issue of our Quarterly focuses on the services TDHS provides and outlines how we can assist you to dust off the cold and wet winter and get back that spring in your step.

Warm Regards,

**Board Chair
Frank Carlus**

**Chief Executive Officer
Rebecca Van Wollingen**

Our new Board Chair FEELS RIGHT AT HOME

Frank Carlus and his wife Barb Mullen had planned to live in Peterborough full-time for many years, but it took a pandemic to make it happen.

Mr Carlus is the new Board Chair of Timboon and District Healthcare Service (TDHS) and has been a part-time resident of Peterborough for 35 years.

He said the couple built a new house there five years ago in readiness for their retirement and COVID-19 had expedited that adventure.

“We’ve shared our time between Port Melbourne, for work, and Peterborough for decades and our time down here has been growing steadily,” he said.

“For about the last 10 years, we’ve spent Christmas through to Easter in Peterborough, but as everyone knows the COVID-19 pandemic came to a

head in March last year and we were here, so we just never went back to Melbourne.”

Mr Carlus said he was excited to step up into the role of Board Chair, after two years serving as a member on the board.

“Continuing to engage with the community is our biggest task. We need to understand what our community needs, be clear on what can be provided locally and how we can support access to other services as close to home as possible.

“I’m really interested and experienced in making health services accessible to people. You can have wonderful services, but if people can’t access them you’re not going to make much of a difference.”

Mr Carlus has spent more than 30 years working within the State

Government’s health department across a range of roles including child protection, adoption services, disability services, aged care and mental health.

His tenure spanned seven premiers including Lindsay Thompson, John Cain, Joan Kirner, Jeff Kennett, Steve Bracks, John Brumby and Ted Baillieu.

“My sense of what I have to offer TDHS as Board Chair is that I’m pretty rounded. I’m a country person and a city person and I know how to work with government and what government expects,” he said.

Mr Carlus said any member of the community was welcome to contact him to share their thoughts and begin dialogue with him – initially via tdhs.boardchair@swarh.vic.gov.au

Maryanne signs off from Board with a lasting legacy



Maryanne Puli Vogels said the time was right to step aside as Board Chair knowing she had given the role everything and confident in the fact the organisation’s governance was in good shape.

She said she was looking forward to focusing all her attention on her husband John Vogels’ recovery from prostate cancer and a problematic knee replacement.

Ms Puli Vogels joined the Board in July 2017 and quickly stepped up into the role of Chair in November 2017. She retained the job for her entire tenure.

“I had just moved to Timboon to live with John after retiring. We’ve been married for 10 years and together for 15, but I lived in Melbourne and he lived in Scotts Creek until 2016,” she said.

“I was new to the community and it was a great way to get to know the community

whilst contributing and giving something back at the same time.

“It was a really interesting transition coming from the corporate world. I didn’t have a clinical background, but I had a strong corporate background.”

Ms Puli Vogels said she was most proud of how TDHS had improved its communication with the community.

“We’ve beefed up and improved our newsletter, our social media platforms, our media exposure and online presence and leveraged available technologies to get the word out. We also created a Community Engagement Officer position,” she said.

“I think we were the best kept secret and we needed to share more of what we were doing. The momentum of that work continues still and that’s very rewarding.

Services GUIDE

Timboon and District Healthcare Service (TDHS) continues to keep people at the heart of all we do, providing high quality care and safe services. Our focus is to work with our community to deliver integrated health and wellbeing services and provide optimal health outcomes and general wellbeing across the lifespan of our community.

"Working together for a healthy community"

With 1st September being the start of Spring, we thought this Quarterly would provide a perfect opportunity to reintroduce the fantastic services we have here at TDHS to assist you with a spring clean inside and out.

Hi, my name is Louis Adriaanse and I am the part time **Radiologist** at TDHS. Locals requiring non-urgent x-rays can come and see me and take advantage of this convenient local radiology service at this healthcare service. A radiology request from your GP is required.



As the **Physiotherapist** at TDHS I, Sarah Rahles-Rahbula, will use your medical history and a physical examination to arrive at a diagnosis. Together we will establish a management plan. You may also require my services to assess your current fitness and health status prior to commencing one of our exercise classes.



At TDHS we offer a range of **exercise classes**, led by me, Tracey Heeps. Once areas to improve are identified by our health professional, I will assist you in your chosen exercise program, whether that is Tai Chi, Parkinsons Disease Neuro, Balance, or any of our other classes, so you can stay mobile and active at any age.



My name is Sabine McKenzie and I am the **Community Engagement Officer** at TDHS. If you are interested in sharing your lived health experience and awareness story in any of our media publications or if you would like to join our wonderful team of volunteers, I would love to hear from you.



My name is Michelle Newton and I provide a part time **continence** service at TDHS. I can assist in improving the ability to control movements of the bowels and bladder by providing an assessment, education and management advice.

My name is Julie Ward and I provide the **Public Podiatry** service at TDHS. You can see me if you require a diagnosis or treatment of the feet and lower limbs. Eligibility criteria must be met to access this service.

I am Michelle Selten, the **interim Director of Clinical Services** and I lead a team of wonderful, dedicated nurses to provide Acute, Aged, Residential, Respite and Palliative services. In our team we also have a Lifestyle Coordinator, who provides client centred recreational and leisure activities, a Community Midwife service and a Pathology service.



My name is Ann-Maree Moloney and I am the **Social Support Group (SSG) Coordinator** at TDHS. The SSG members meet for the day and are given choices on which activities they would like to do that can provide social, mental and physical stimulation, giving them a sense of worth and community connection and opportunity to form friendships.



Hi, I am Amanda Nash the **Community Health Nurse**. In my role I am responsible for coordinating and delivering health programs, providing health education, immunisation and women's health services. I also provide antenatal and postnatal education and support. I feel privileged to be able to promote health and wellbeing across the life span.



Hi, I am Lynda Mckenzie, the **Theatre Coordinator** at TDHS. We offer endoscopy services: diagnostic gastroscopy and colonoscopy. Prior to your booked procedure, we run a pre-admission and pre-anaesthetic clinic. Our surgeon visits from the physician rooms in Warrnambool and our anaesthetist is Dr Warwick Rouse. To go on the waitlist you will need a referral from your General Practitioner.



My name is Jess Carew and I am the **Occupational Therapist** at TDHS. My role is to work alongside clients to promote safety and independence in the home. This can be done through installing and purchasing equipment for the home including rails and shower chairs. I also assist with education on falls prevention, memory strategies, pressure care and increasing your access to the community.





Services GUIDE

My name is Dr Krystal Lee, from Barlow Dental Group, a family oriented **Dental Clinic** providing a dental service at TDHS every Tuesday. The experienced, friendly and caring dental team is dedicated to providing high quality dental care, from routine check-ups to pain management and correction of existing dental problems, to assist our patients in maintaining their teeth for life, in a relaxed and professional environment.



Hi, I am Emma and I am the **Private Podiatrist**, who visits Timboon and District Healthcare Service on Thursdays every week. I cover all aspects of podiatry including general foot care, biomechanics and orthotics, diabetes foot assessments and nail surgery. You do not need a referral to see me.



My name is Fiona Hanel and I am the **Complex Care Coordinator** at TDHS. I provide home assessments for several home support programs that enable people to continue to live at home maintaining their independence for as long as possible. I also provide discharge planning, My Aged Care assistance and residential respite at TDHS.



My name is Hayley Weel and I am the **Social Worker** at TDHS. I assist clients and their families with the effects of illness, grief and loss, anxiety and depression related to health conditions and difficult life events. I also work with clients to find and help them link into services that better meet their needs. I work with people of all ages and backgrounds.



Hi, my name is Cheryl Poole and I am the **Diabetes Educator** at TDHS. I provide support for when you are first diagnosed with diabetes and assist with blood glucose monitoring, new glucose monitoring techniques, insulin or other injectable medications. It is recommended to have an annual visit to review current diabetes management.



My name is Sherryl Mueller and I lead our small team of **District Nurses** here at TDHS delivering nursing practises in the consumer's home. Our services include chronic and acute wound assessment and management, monitoring and reporting of clinical observations, palliative services and pathology collection. We also assist consumers to learn skills and be confident with their new health devices like stoma therapy and catheters.



Hi my name is James MacAuslan, I am the new **Exercise Physiologist** here at TDHS. My role is to provide safe and effective clinical exercise interventions for people with chronic medical conditions, injuries or disabilities. I also work with clients without any known conditions and can help you plan to achieve better health and prevent conditions such as diabetes and heart disease.



If you would like more information about these services or to book an appointment, please contact our welcoming Reception staff on 5558 6000.

The following services are also offered at TDHS. Please book directly with these services.

My name is Emily Boyle and I am the **Dietitian** at TDHS. As a Dietitian, I understand the link between food and our health and assist in the nutritional management of a range of medical conditions. I work with individuals of all ages, to provide evidenced-based nutritional advice, support and education that is tailored to meet individual health needs, lifestyles and goals.



A **Maternal and Child Health service** is provided at TDHS by the Corangamite Shire. A registered nurse with qualifications in midwifery, and family and child health attends twice a week and aims to promote the health, wellbeing, learning and development of young children and their families; and to detect health and wellbeing problems early. For an appointment, please phone 1800 552 902.



My name is Adele Sullivan-Holmes and I am the **Community Care Supervisor** at TDHS. My role consists of implementing and coordinating home based services for consumers living in our community.



My name is Ruth Spencer, and I am an **Audiologist** from Tim Rayner Audiology in Warrnambool, who visits TDHS monthly. Our **audiological** (hearing) services include diagnostic hearing tests, pre-employment assessments, hearing aid prescriptions, repairs and fittings. We perform free assessment and hearing aid fittings for eligible pensioners and DVA recipients. Please contact Tim Rayner Audiology Warrnambool Clinic on 5560 5833 to make an appointment.



TIMBOON CLINIC *Services*

We are very proud to have the Timboon Clinic fully aligned within the healthcare service again and are committed to further integrating the services and successfully working together to get the best health outcomes for our community.

My name is Katherine Gorrige and I am the **Timboon Clinic Practice Manager**. We aim to provide the highest standard of patient centred care and are committed to promoting health, wellbeing and disease prevention to all patients. We do not discriminate in the provision of excellent care, and we aim to treat all patients with dignity and respect. Our practice provides comprehensive general practice care and has special interests including General Medicine, Women's Health, Mental Health, Minor Procedures, Chronic Disease Management and Emergency Medicine.



We have a team of four highly experienced and dedicated **General Practitioners** who aim to ensure patients receive the best possible treatment options available. Planned coordination of clinical teamwork, resources and services means that our **practice nurses** provide education and support for a range of health issues, as well as **pathology collection** and **immunisation services**.

The clinic also facilitates **Telehealth**, a technology service (using phone or video conferencing) to connect you with a healthcare professional in a different location.

We have a **Community Pharmacist**, who can assist with medication management reviews – facilitated by your GP, and once a month Penry Routson, **optometrist** from Warrnambool, visits our clinic.

My name is Jayne Graves and I provide **Cardiology services** at the Timboon Clinic. Being faced with a heart issue can be a very stressful time for you and your family. At Otway Heart, we strive to provide compassionate and personalised care in investigating your heart function. Our goal is to improve the quality of life for all people in our community.



With our dedicated team of experienced Cardiologists and Sonographers we strive to prevent, manage and reduce the risk of heart disease. It is an absolute pleasure to offer these services at the Timboon Clinic and we enjoy our visit to Timboon regularly. Our services are ECG, Echocardiogram, Treadmill Stress Echocardiogram and 24 Hour Heart rate monitors. GP referral is required for this service.

Hi, my name is Bobbie French and I work from the Timboon Clinic as an **Osteopath**. People come to see me for help with soft tissue and joint injuries, for neck and back pain, headaches, pregnancy related pain, post-surgery or to help manage chronic conditions like osteoarthritis. I take a history and do a physical examination, looking at the person's movement, strength and balance, to make a diagnosis of the problem. I try to educate people about factors that may have contributed to their symptoms, use hands on treatment techniques and advise on things like posture, breathing and exercises, to help the person manage their complaint.



My name is Ross McIlveen and I am a **Chiropractor** working at the Timboon Clinic on Wednesdays. I have over 30 years' experience in treating the people of Timboon and district.

I offer spinal and extremity treatments including soft tissue treatments. This includes massage, instrument assisted soft tissue massage and dry needling. I have a degree from Phillip Institute (now RMIT Bundoora), graduating in 1986. I have also added post graduate qualifications in Sports Chiropractic (2002). My career has involved working with State and National teams in indoor and outdoor cricket. I also have worked with football teams from community level to AFL and VFL teams. If you think I may be able to assist you, please contact me on 0419 341 122 to arrange an appointment.



For more information on any of these Timboon Clinic services, please contact our friendly reception staff at the Timboon Clinic on 5558 6088.

SAY AAH..

Let's Talk - COVID-fatigue

As we move into spring, another lockdown shows that the COVID-19 pandemic is not over yet and for some of us COVID fatigue might be setting in. These last 18 months have been filled with challenges: from lockdown, to physical distancing, to home-schooling, to job loss, financial stresses and lockdown again. Ongoing exposure to these challenges, can leave us feeling physically and mentally exhausted.

Some tips to help you combat pandemic fatigue are:

- Build mental endurance: minimise your exposure to the stressor. In the case of COVID-19, be aware of your intake of news, and where possible switch off momentarily.
- Practice mindfulness: be in the moment and don't dwell on problems or negative news of the day.
- Take one step at a time: Don't put too much pressure on yourself and allow yourself to take a break if you need it.
- Eat well: stay alert with a healthy balanced diet. Forego unhealthy snacks and temptations.
- Stay energised: do regular exercise that you enjoy. This is a great way to clear your mind and boost your energy levels.
- Rest: switch off from mobile devices or computers prior to going to bed. Give yourself time to relax and de-stress from the day to ensure you get a good night's sleep.

If emotional and physical symptoms last for more than a few weeks, it is important to know that you can ask for advice and support.

Please remember your GP is here to help you and you are not alone.

Timboon Clinic: Ph 5558 6088
Monday - Friday 8.30 am - 5.30 pm
Saturday mornings: 9.30 am - 11.30 am

If someone's life is in danger,
call Triple Zero (000)

If you or someone you know needs mental
health support, please call;

Lifeline Tel: 131 114

Beyondblue Tel: 1300 224 636

Suicide call back service Tel: 1300 659 467

1800RESPECT Tel: 1800 737 732

A world of experience

JOINS TIMBOON'S GP TEAM

Timboon and District Healthcare Service (TDHS) is celebrating the appointment of a new GP who brings with him a wealth of experience and expertise from around the globe.

Dr Yagyadut Gupta clocked on for his first shift at the Timboon Clinic in late August after more than three decades of experience in India, Canada and Queensland.

The father of two has run his own practice, has a Masters in Surgery (Ear, Nose and Throat - ENT- India), worked in a dedicated Children's Hospital and most recently managed an emergency department in QLD while also working in the GP clinic.

In addition to his ENT credentials, Dr Gupta has his Diploma in Skin Cancer Surgery and is experienced in adeno-tonsillectomies, endoscopic sinus surgery, vocal cord surgery, septoplasty, rhinoplasty, myringoplasty and tympanoplasty.

He said prolonged separation from his wife Sshally, who is also a GP, and his adult children due to COVID-19 had helped him decide to make the move to Timboon.

"We came to Australia in 2018, but my family have been living in Melbourne since last February and I have been living and working in Queensland," he said.

"It has been very tough with COVID-19...we couldn't see each other for nearly a year. Victoria opened up in December and it was the first time I'd seen them in 10 months.

"So being in Victoria was a big reason for me coming to Timboon. They'll be able to visit me on weekends and I'll be able to visit them as well (when restrictions allow), which will be good.

"Sshally isn't working right now. She has her qualifications from India and Canada, but will need to get her license to practice in Australia and she hasn't been able to due to COVID. Who knows in the future - maybe she can get an opportunity locally as well."

Dr Gupta said he had been impressed with the recruitment process, the opportunity that was put in front of him and he was eager to get started in the role.

"Katherine (Gorringe) at the clinic and Rebecca (Van Wollingen) at the hospital were eager to get me there and something just clicked in my mind that it was the right opportunity for me," he said.

"It will also help me gain my permanent residency in Australia, so everything has just come together for me which is great."

Dr Gupta began his medical career in Delhi, India and once qualified, worked in Accident and Emergency before completing his ENT Masters in 1998.

He completed his residency before starting his own practice with Sshally, which they operated for 13 years before moving to Canada.

After three years working in a GP clinic and the Alberta Children's Hospital in Calgary, an opportunity came up at Yeppoon in Queensland.

Dr Gupta held a few positions in QLD, before his most recent contract at the Biloela Hospital where he managed the Emergency Department and worked in their medical clinic as a GP.

WHAT'S ON Events



Please note that some activities may still be on hold due to COVID-19 restrictions. Please call us on 03 5558 6000 to check.



SEPTEMBER

Prostate Cancer Awareness Month

1. Men's Shed, Cobden SSG, Exercise Physiology
2. Timboon SSG, Exercise Physiology, Diabetes Educator, Men's Shed, Private Podiatry
3. Timboon SSG, Exercise Physiology
6. Women's Health Week, Walking Group, Physiotherapy, Exercise Physiology, Dietitian
7. Cobden SSG, Men's Shed, Social Worker, Exercise Physiology, Dietitian, Occupational Therapy, Private Dental
8. Cobden SSG, Exercise Physiology
9. R U OK DAY!!, Timboon SSG, Exercise Physiology, Private Podiatry, Diabetes Educator
10. Timboon SSG, Exercise Physiology
13. Walking Group, Physiotherapy, Exercise Physiology, Dietitian
14. Cobden SSG, Men's Shed, Exercise Physiology, Social Worker, Dietitian, Private Dental, Occupational Therapy, Continence Clinic
15. Cobden SSG, Audiologist
16. Healthy Bones Action Week Timboon SSG, Exercise Physiology, Private Podiatry, Men's Shed, Diabetes Educator
17. Timboon SSG, Exercise Physiology
20. Walking Group, Physiotherapy, Exercise Physiology, Dietitian
21. Men's Shed, Public Podiatry, Cobden SSG, Exercise Physiology, Social Worker, Dietitian, Occupational Therapy, Private Dental
22. Cobden SSG, Exercise Physiology
23. Timboon SSG, Private Podiatry, Exercise Physiology, Diabetes Educator, Men's Shed
24. Timboon SSG, Exercise Physiology
27. Walking Group, Physiotherapy, Exercise Physiology, Dietitian
28. Cobden SSG, Men's Shed, Social Worker, Exercise Physiology, Dietitian, Occupational Therapy, Private Dental
29. Cobden SSG, Exercise Physiology
30. Timboon SSG, Private Podiatry, Exercise Physiology, Diabetes Educator, Men's Shed

OCTOBER

Breast Cancer Awareness Month

1. Timboon SSG, Exercise Physiology
 3. Daylight savings commences Change your smoke alarm batteries!
 4. Walking Group, Physiotherapy, Exercise Physiology, Dietitian
 5. Men's Shed, Social Worker, Cobden SSG, Public Podiatry, Dietitian, Exercise Physiology, Private Dental, Occupational Therapy
 6. Cobden SSG, Exercise Physiology
 7. Timboon SSG, Men's Shed, Exercise Physiology, Diabetes Educator, Private Podiatry
 8. Timboon SSG, Exercise Physiology
 11. Walking Group, Physiotherapy, Exercise Physiology, Dietitian
 12. Cobden SSG, Men's Shed, Exercise Physiology, Social Worker, Continence Clinic, Dietitian, Private Dental, Private Podiatry, Occupational Therapy
 13. Cobden SSG, Exercise Physiology, Audiologist
 14. Timboon SSG, Exercise Physiology, Private Podiatry, Men's Shed, Diabetes Educator
 15. Timboon SSG, Exercise Physiology
 18. Walking Group, Physiotherapy, Exercise Physiology, Dietitian
 19. Cobden SSG, Men's Shed, Exercise Physiology, Occupational Therapy, Social Worker, Dietitian, Private Dental
 20. Pink Ribbon Day, Cobden SSG, Exercise Physiology
 21. Timboon SSG, Private Podiatry, Exercise Physiology, Men's Shed, Diabetes Educator
 22. Timboon SSG, Exercise Physiology
 25. Walking Group, Exercise Physiology, Physiotherapy, Dietitian
 26. Cobden SSG, Men's Shed, Social Worker, Exercise Physiology, Occupational Therapy, Dietitian, Private Dental
 27. Cobden SSG, Exercise Physiology
 28. Timboon SSG, Exercise Physiology, Men's Shed
 29. Timboon SSG, Exercise Physiology
- SSG: Social Support Group

NOVEMBER

November Men's Health Awareness Month

1. Walking Group, Physiotherapy, Exercise Physiology, Dietitian
2. Melbourne Cup Public Holiday
3. Cobden SSG, Exercise Physiology, Men's Shed
4. Timboon SSG, Men's Shed, Private Podiatry, Exercise Physiology, Diabetes Educator
5. Timboon SSG, Exercise Physiology
8. Walking Group, Physiotherapy, Exercise Physiology, Dietitian
9. Cobden SSG, Men's Shed, Exercise Physiology, Continence Clinic, Social Worker, Dietitian, Occupational Therapy, Private Dental
10. Cobden SSG, Exercise Physiology, Audiologist
11. TDHS AGM, Timboon SSG, Private Podiatry, Exercise Physiology, Diabetes Educator
12. Timboon SSG, Exercise Physiology
15. Walking Group, Physiotherapy, Exercise Physiology, Dietitian
16. Cobden SSG, Men's Shed, Exercise Physiology, Public Podiatry, Social Worker, Occupational Therapy, Dietitian, Private Dental
17. Cobden SSG
18. White Ribbon Day, Timboon SSG, Private Podiatry, Exercise Physiology, Diabetes Educator
19. Timboon SSG, Exercise Physiology
22. Walking Group, Physiotherapy, Exercise Physiology, Dietitian
23. Men's Shed, Cobden SSG, Exercise Physiology, Social Worker, Occupational Therapy, Dietitian, Private Dental
24. Cobden SSG, Exercise Physiology
25. Timboon SSG, Men's Shed, Private Podiatry, Exercise Physiology, Diabetes educator
26. Timboon SSG, Exercise Physiology
29. Walking Group, Physiotherapy, Exercise Physiology, Dietitian
30. Men's Shed, Cobden SSG, Exercise Physiology, Social Worker, Occupational Therapy, Dietitian, Private Dental,

The digital version of our Quarterly can be found on our website by visiting: TIMBOONHEALTHCARE.COM.AU/NEWS-EVENTS/NEWSLETTERS