



# CASTERTON HEALTH & HOSPITAL HAPPENINGS

CJ/AO/855328

## Providing Services in:

### **Acute Healthcare:**

- \* Urgent Care
- \* Medical care
- \* Day procedures
- \* Palliative Care
- \* Respite
- \* Postnatal/Midwifery Care
- \* Dialysis
- \* X-Ray services
- \* Equipment Hire

### **Residential Aged Care:**

- \* 30 well appointed rooms
- \* 24/7 Registered Nurse and GP care
- \* 7 day supported Activity Program
- \* Pleasant, comfortable décor and gardens
- \* Rehabilitation programs
- \* Free Foxtel to lounges

### **Primary Healthcare:**

- \* District Nursing
- \* Social Support Group
- \* Visiting Specialists
- \* Midwifery home visits
- \* Exercise Programs
- \* Physiotherapy
- \* Dietetics
- \* Audiology
- \* Podiatry
- \* Speech Therapy
- \* Mental Health
- \* Telehealth/Skype
- \* Home Maintenance
- \* Meals on Wheels
- \* Community Taxi
- \* Function Room Hire
- \* Video Conferencing
- \* Catering
- \* Bus Hire

## COVID-19 Vaccinations



CMH is running an Astra Zeneca COVID-19 Vaccination Clinic on Friday 7th May from 10:00am for all members of the community over the age of 50 years.

**Bookings are essential.**

Please ring CMH on 5554 2555 during business hours to arrange an appointment.

More information on future clinics will be posted when details are available.

Information about the vaccine being offered is available on <https://www.health.gov.au/resources/publications/covid-19-vaccination-information-on-covid-19-astrazeneca-vaccine>.

## CARDIOVASCULAR EXERCISE GROUP

Come and join Cardiovascular Exercise Group which is held every Tuesday with our Physiotherapist.

It is fun and dynamic and will increase your fitness, strength and endurance and is interactive with other community members.

This is a professionally run circuit class with a wide range of equipment and exercises.

Simply have a gold coin donation and break a sweat for half hour weekly on a Tuesday from 10am -10.30am!

**Please contact CMH on 5554 2555 for further details.**

## MEN'S LUNCH

Enjoy lunch and conversation at Entwined on Monday 17th May from 12 noon

Transport is available from 11:00am

For inquiries or to book transport, please contact

CMH Reception on 5554 2555

