

Strength Groups

Social classes led by a trained fitness instructor. Assists with the management of chronic conditions such as diabetes, heart disease, arthritis and osteoporosis.

Sessions are held during school term. Registration form and an assessment are required to attend.

Castlemaine: Wed & Fri 9.00am
Campbell's Creek: Tues & Thurs 1.00pm
Maldon: Tues & Thurs 9.00am

Cost: \$5 per session, upfront term fees required

Tai Chi for Arthritis

- ◆ Gentle, low impact activity
- ◆ Improves balance, flexibility and strength as well as relaxation and general wellbeing
- ◆ Suitable for all levels and all ages including beginners and older people

Our Tai Chi groups are run in;

- Castlemaine (morning and evening classes)
- Barfold
- Guildford
- Maldon
- Newstead
- Fryerstown

They are led by a physiotherapist and community volunteers trained by Arthritis Victoria.

Cost: \$2—\$5 per session

Castlemaine District Community Health

13 Mostyn Street
CASTLEMAINE 3450

Phone: 03 5479 1000

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email@cdch.com.au

www.cdchcastlemaine.com.au

Hours

Monday to Thursday 9.00am—5.00pm

Friday 9.00am—4.30pm



Castlemaine
District
Community
Health

COMMUNITY HEALTH

Information Resources Promotion

For more information,
contact Reception on 5479 1000,
or visit our website
www.cdchcastlemaine.com.au

*Your Health
Your Community
Your Community Health Centre*

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Exercise &
Physical Activity
programs

Facilitating
Better Health

Physical Activity Programs

Exercise has many benefits. Regular exercise reduces the risk of chronic diseases such as heart disease and diabetes. It also promotes quality of life and wellbeing.

Adults need two and a half to five hours of moderate physical activity, or one and a quarter to two and a half hours of vigorous physical activity each week to stay healthy and reduce risk of health problems.
Be active on all or most days of the week.

Castlemaine District Community Health, together with other services across Mount Alexander, provides many programs to get people moving.

Heartsmart 'PLUS'

(Cardiac rehab phase 3)

Exercise program for heart health, mobility and fitness. Gentle exercises for the whole body and individual cardiac circuits. Ends with a meditation session. Led by Physiotherapist

Tuesdays, 1pm

Cost: \$5 per session

Get Up and Go

A gentle exercise group for people who find it hard to do household jobs, get up out of a chair or walk short to medium distances. People at risk of falls will also benefit from this program. The program includes seated and standing strength exercise and some balance exercises. No machines are used. This group is led by an Exercise Physiologist. An initial assessment is required.

Wednesdays, 9am during school term.

Cost: \$5 per session

Strength Training

This strength building training is designed to improve bone density, strength, flexibility, balance, and energy. It is for women and men of all ages.

CDCH offers various groups and session times. Some are self-help groups, others are led by a physiotherapist. An initial assessment is required.

The types of groups are;

- Introductory Strength Training Group
- Strength Training Self Help Groups
- Strong and Healthy Men's Strength Training

Cost: \$5 per session

Community Gym

This is a great way to get or stay fit. Every participant must have an assessment with the Exercise Physiologist prior to joining, so they can get their own exercise program.

Wednesdays: 10.30am—12.30pm & 4—5pm

Fridays: 10.30am—12.30pm & 2—3pm

Cost: \$5 per session

PD Heroes

This program is led by a physiotherapist and is designed for people with Parkinson's Disease.

Monday's during school term, 2.15pm

Cost: \$5 per session

Walking Groups:

Social Walkers

Meet at the former Tea Rooms during school terms in Castlemaine Botanical Gardens.

A Community Health Nurse attends.

Tuesdays & Thursdays, 9.15—10.30am

\$1 donation

Harcourt Walking Group

Meet at Harcourt Museum and ANA Hall

Walk followed by a chat and cuppa

Mondays, 9.30—10.30am

\$1 donation

Maldon Walking Group

Meet at Maldon Neighbourhood Centre

Walk followed by a chat and cuppa

Tuesdays at 7.30am & Fridays at 9.30am

\$1 donation

Walking Tours

Gentle one hour walks. Locations available on website or with Reception

Last Wednesday of each month, 10—11am

No cost

**To access any of our services, please
call Reception on 5479 1000**

*Fees apply to some services, please ask at
Reception*