



## OTWAY HEALTH NEWS

In the event of an emergency please call 000.

**Our Urgent Care Unit operates 24 hours per day / 7 days per week.**

**Location: 75 McLachlan Street, Apollo Bay**

For more information and to book health and community services please phone

Otway Health Reception: (03) 5237 8500 or email [info@otwayhealth.org.au](mailto:info@otwayhealth.org.au)

### APOLLO BAY medical centre

We would love you to visit our new website:

**[apollobaymedicalcentre.net.au](http://apollobaymedicalcentre.net.au)**

**Here you will find out about our range of services,  
our growing team of GP's and be able to  
book on-line.**

#### HOT DOC



You can also make your bookings through the  
Hot Doc app (download the app via Apple Store or  
Google) or through the Hot Doc website:

**[www.hotdoc.com.au](http://www.hotdoc.com.au)**

#### **Welcoming Our New GPs**

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*We have five new GPs commencing at Apollo Bay  
Medical Centre from next week, February 4th;*

Dr Jessica Russell  
Dr Leighton Delmenico  
Dr Alan Jardine  
Dr David Russell  
Dr Genevieve Mount

#### **Introducing Dr Jessica Russell**

Dr Jessica Russell is originally from South Gippsland.  
Jessica completed her medical degree at Monash  
University and her internship at St Vincent's Hospital.

Jessica's special interests are in Family Planning and  
Sexual Health. She has completed training in IUD and  
Implanon insertion, Masters of Public Health and  
Travel Medicine. Her qualifications also include a  
Diploma in Children's Health, Obstetrics and  
Gynaecology. Jessica is also registered with Geelong  
Hospital for Shared Care.

Dr Jessica Russell is working alongside Dr Denise  
Ruth through February and March as a GP Supervisor  
to ensure there is an excellent learning environment  
for the Doctors who are completing their GP specialist  
training.

#### **ALLIED HEALTH SERVICES**

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##### **Physiotherapy, Jewel**

Monday 4, Tuesday 5 & Thursday 7 February

##### **Exercise Physiology, Campbell Craig**

Monday 4 February

##### **Australian Hearing**

Tuesday 5 February

##### **Podiatry, Matthew Payton**

Friday 8 February

##### **Dietician, Ali Patterson**

Friday 8 February

*To make an appointment please call: 5237 8500*

#### **Upcoming Exercise Classes**

Strength For Life: Mon 11 Feb: 2.15pm—3.15pm

Healthy Balance: Tue 12 Feb: 11.30am—1pm

Strength For Life: Wed 13 Feb: 11.30am—12.30pm

#### **Upcoming Mens & Ladies Lunches 2019**

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**Ladies Lunch** Friday 22 February

**Mens Lunch** Monday 25 February

The Otway Health Board, and our CEO Kate Gillan,  
invite you to attend a  
**'Tea Talk'** at our next **Community Lunch**,  
*to be held at 12.30 – 1.30pm on Monday 4 February,  
Marrar Woom Neighbourhood House.*

**PLEASE RSVP to Otway Health Reception on  
5237 8500 for catering purposes and to advise any  
dietary requirements.**

#### **STAY CONNECTED WITH OTWAY HEALTH**

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##### **Otway Health Community Advisory Committee**

Email: [CAC.OH@swarh.vic.gov.au](mailto:CAC.OH@swarh.vic.gov.au)

##### **Otway Health Board**

Email: [otwayboard@swarh.vic.gov.au](mailto:otwayboard@swarh.vic.gov.au)

##### **Otway Health Website & Social Media**

[www.otwayhealth.org.au](http://www.otwayhealth.org.au) / @otwayhealthcomms