

24/7 On-call After Hours Service — Otway Health Ph: 5237 8500

Location: 75 McLachlan Street, Apollo Bay

Apollo Bay Medical Centre Ph: 5237 8595 | Email: apollobaymedicalcentre@gorh.vic.gov.au

Otway Health Reception Ph: 5237 8500 | Email: enquiries@gorh.vic.gov.au

A Message from our CEO

We have just had world Cancer day and this month is ovarian Cancer awareness month. Many cancers have good outcomes if caught early, with prevention campaigns teaching us to check our skin, have checks ups and be aware of our bodies. Treatments are improving as research changes chemotherapy and radiotherapy regimes change and immunotherapy uses our own cells to attack the cancer cells. The greatest risk factor for cancer is age, so as we age it's even more important to be aware of what doesn't seem right with our bodies and to be healthier and reduce the other risk factors.

We are delighted to welcome our GP Registrars for the year, Ellie and Davey to Apollo Bay Medical Centre and Apollo Bay to join Dr Terry Heng and Dr Ed Mulvey. It is wonderful to have 4 regular GPs in Apollo Bay!!

Thanks,
Sandy

Apollo Bay Diabetes Information Group

Great Ocean Road Health Diabetes Educator, Celia Clarke would like to invite you to attend a Diabetes Information group on the importance of Diabetes cycle of care.

This session will involve a delicious morning tea, an education session and up to date information on diabetes management. We are also delighted to announce Dr Terry Heng from the Apollo Bay Medical Centre will be our guest speaker this month.

When: Monday 20 February.

Time: 10am - 11.30am. Please arrive 10 mins prior to the session.

Where: Marrar Worn Meeting Room, Apollo Bay

Cost: Gold coin donation

RSVP: for catering and numbers for attendance, please call reception on 5237 8500, Celia on 0419 157 525 or Anne on 5237 8595.

Second Sails Update

Please note, Second Sails hours are;

Monday 10am—4pm

Tuesday 10am—1pm

Wednesday/Thursday/Friday 10am—4pm

Saturday 10am—3pm.

Also check out the latest weekly face-book auctions at www.facebook.com/Second-Sails-Op-Shop-113577140472492

We are very grateful for the work the Op Shop Team provides to our service. Thank-you.

February Women and Men's Lunches

Ladies lunches will commence for 2023 on Friday the 24th of February at 12pm. Ladies lunches will now be held at **Great Ocean Road Brewhouse**. To RSVP please contact reception on 5237 8500.

Men's lunches will commence for 2023 on Monday the 27th of February at 12.30pm. Men's lunches will now be held at **Great Ocean Road Brewhouse**. To RSVP please contact reception on 5237 8500.

Apollo Bay Exercise Groups

Warm Water Exercises Monday at 10.30am and Thursday at 9.30am. Apollo Bay Aquatic Centre. \$10 per class.

Healthy Balance Wednesdays at 11.15am - 12.15pm. Senior Citizen Hall, Whelan Street, Apollo Bay. \$10 per class.

Strength For Life Tuesday and Wednesday at 9.30am - 10.30am. Senior Citizen Hall, Apollo Bay. \$10 per class.

Mixed Gym Group – Monday and Wednesday at 2pm. The Gym, Apollo Bay.

Walking Group – Meet at the information centre at 9.30am on Tuesday mornings. Walk followed by coffee.

*An initial physio assessment will be necessary before attending these classes (with the exception of the walking group).