

**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](mailto:apollobaymedicalcentre@gorh.vic.gov.au)

Otway Health Reception Ph: 5237 8500 | Email: [enquiries@gorh.vic.gov.au](mailto:enquiries@gorh.vic.gov.au)

### A Message from our CEO

This week marks 'International Women's Week' and we are delighted to take the opportunity to acknowledge and recognise our staff's achievements in the workplace. To mark the occasion, we are hosting a morning tea for staff to remind everyone to call out inequality and forge a gender equal world. We can all play a part in actively supporting and embracing equity and make a positive change.

A reminder that the Apollo Bay and Lorne Medical Centre will be running a number of COVID vaccination clinics over the coming weeks. All reports indicate we are about to hit another COVID wave, so getting your bivalent booster dose remains the best way to prevent severe illness or hospitalisation. Most Victorians had their last COVID vaccination 6 months ago. Immunity wanes over time so your protection against the virus is low.

I hope everyone is looking forward to the upcoming long weekend. For those who have the weekend off work, remember to rest, recharge and spend some time in the great outdoors.

Thanks, Sandy.

### Social Support Outings

Colac Shopping Bus – Monday 3<sup>rd</sup> of April, pick-ups begin from 10.30am. Catch the GORH bus to Colac for grocery shopping and lunch. To RSVP please contact Charlotte on 0439 712 844.

Ladies lunches will be held on Friday the 31<sup>st</sup> of March 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 be held on Monday the 27<sup>th</sup> of March at 12.30pm. Men's lunches will now be held at **Great Ocean Road Brewhouse**. To RSVP please contact reception on 5237 8500.

For further information, contact us on 03 5237 8500, email [enquiries@gorh.vic.gov.au](mailto:enquiries@gorh.vic.gov.au) or all information can be found on our website at [www.greatoceanroadhealth.com.au/social-support-and-exercise-groups/](http://www.greatoceanroadhealth.com.au/social-support-and-exercise-groups/)

### Meet Doctor Davy Wong

Graduating from University of Notre Dame in 2019, Davy has held positions as a doctor in rural and metropolitan areas such as Ballarat and Western Health. He has worked in Emergency Medicine, Psychiatry and Obstetrics and Gynaecology. In his undergraduate studies, Davy completed a Bachelor of Science with Honours at the University of Melbourne. Currently, Davy is undertaking General Practice training.

Asides from work, Davy likes to spend his time in the sun with hiking and tennis, and also dabble with cooking.

To make an appointment, contact our Apollo Bay Medical Centre reception staff on 5237 8595.



### 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).

Please bring your own water bottle. For any more information on the above, please call 5237 8575.