

**GREAT OCEAN ROAD HEALTH NEWS****In the event of an emergency please call 000****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**

What incredible weather we have been having, so good to get beach days in.

With the large numbers of mosquitos in Victoria this year due to the floods we have been alerted to one case of Japanese Encephalitis and multiple cases of Ross River and Barmah Forest Viruses. Don't forget to use insect repellent and or cover up to avoid being bitten.

Australia has the highest incidence of skin cancer in the world, don't forget the sunscreen in particular during the high UV periods, generally in the middle of the day. At Apollo Bay Medical Centre, we are running skin clinics, where you can get a review and most lesions excised locally. Please consider having a yearly skin check.

Enjoy the weather,

Sandy

**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 Tuesdays 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 proof of vaccination and your own water bottle. For any more information on the above, please call 5237 8575.

**Are you 5—9 Weeks Pregnant?**

Our Apollo Bay Medical Centre GP's are looking for 2-3 women who would be interested in assisting with our ultrasound training course. This is a great opportunity to take a sneak peek at your baby, outside the pressure of a hospital or your obstetrician's office.

Criteria: You must be 5-9 weeks pregnant at the time of the exam.

About the examination:

- Appointments are for about 1 hour
- We pay you \$25
- This scan is for training and education purposes, and is not a diagnostic scan.
- You'll need to fill out a consent form and supply your doctor's details. We'll give you your consent form when you arrive.

Dates: Sunday 12th February - Patient 1 at 2pm and Patient 2 at 4pm.

For further information, please visit

[www.ultrasoundtraining.com.au/pregnant-model/](http://www.ultrasoundtraining.com.au/pregnant-model/) or contact the Apollo Bay Medical Centre on 5237 8595 to book.

**Apollo Bay Second Sails**

Just a friendly reminder not to dump unwanted goods at Second Sails. Dumping unwanted goods is not donating if we cannot sell them, and we have to pay to take them to the tip. This amounts to hundreds of dollars a month.

We have had a huge influx of dumps last week, which our volunteers needed to sort through and dispose.

Our trading hours;

**Monday 10 - 4pm**

**Tuesday 10 - 2pm**

**Wed 10 - 4pm**

**Thursday 10 - 4pm**

**Friday 10 - 4pm**

**Saturday 10 - 3pm**

Sunday trading occasionally.

Check Facebook for latest updates

[www.facebook.com/Second-Sails-Op-Shop](http://www.facebook.com/Second-Sails-Op-Shop)