

**24/7 On-call After Hours Service — Urgent Care 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)Apollo Bay Campus Reception Ph: 5237 8500 | Email: [enquiries@gorh.vic.gov.au](mailto:enquiries@gorh.vic.gov.au)

### A Message from our CEO

What a magnificent long weekend weather wise, great to see everyone enjoying the mild winter weather.

It's Men's health week his week....

Men's Health Week focuses on not just physical health, but also men's mental health and emotional wellbeing. During the week, we highlight the health challenges faced by men in Australia and worldwide and focus on how to improve the physical, emotional and mental health of men and boys.

- Consider a check-up with your GP for your physical and mental health
- Consider your physical fitness, we have exercise physiology and physiotherapists to assist your physical fitness journey
- Consider your diet, our dietician will assist you in improving your diet and get you feeling healthier in no time

Check out our Men's health week events and think about your health or the health of the men in your life!

Also great weather for winter swimming!

Thanks, Sandy

### Social Support Outings

Colac Shopping Bus – Monday 26<sup>th</sup> of June, picks ups commencing 10.30am. To RSVP please contact Charlotte on 0439 712 844.

Ladies lunches will be held on Friday 30<sup>th</sup> of June 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 26<sup>th</sup> of June at 12.30pm. Men's lunches will now be held at **Great Ocean Road Brewhouse**. To RSVP please contact reception on 5237 8500.

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/)

### Celebrating Men's Health Week

Come along to the Apollo Bay Aquatic Centre for a few hours of fun with your family and friends. Enjoy a swim in the pool and mini golf in the Leisure Centre. Healthy nibbles will be provided and there will also be some yummy snacks to purchase on the day.

**When:** Sunday 18<sup>th</sup> June 10am-Noon at the Apollo Bay Aquatic Centre

**Cost:** \$15 family entry (includes pool & mini golf) Normal pool entry cost for individuals

**RSVP:** [www.trybooking.com/CIYVA](http://www.trybooking.com/CIYVA) or phone 5237 7079  
Pay at the door on the day.

### Apollo Bay Medical Centre

We will be running a number of COVID and Flu vaccination clinics throughout June/July.

Please contact our reception staff for dates and available appointments 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).

For any more information on the above, please call 5237 8575.