

Where you can find Bendigo Community Health Centre sites:

EAGLEHAWK

3 Seymoure Street, Eaglehawk

Phone: 5406 1200

Opening hours:

Monday, Wednesday, Thursday: 8am-5.15pm.

Tuesday: 8am-7.30pm.

Friday: 8am-4.30pm.

Saturday-Sunday: Closed.

KANGAROO FLAT

19 Helm Street, Kangaroo Flat

Phone: 5406 1200

Opening hours:

Monday to Thursday: 8am-5.15pm.

Friday: 8am-4.30pm.

Saturday-Sunday: Closed.

BENDIGO CENTRAL

165-171 Hargreaves Street, Bendigo

Phone: 5406 1200

Opening hours:

Monday to Thursday: 8am-5.15pm.

Friday: 8am-4.30pm.

Saturday-Sunday: Closed.

ELMORE

46 Jeffrey St, Elmore

Telephone: 5432 6001

Opening hours:

Monday to Friday: 9am-5pm.

Saturday-Sunday: Closed.

POSTAL ADDRESS

PO Box 1121

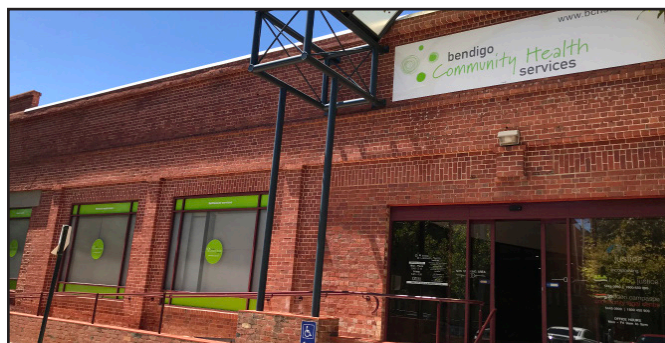
Bendigo Central, Vic 3552



Who is Bendigo Community Health Services and what do you offer?

Bendigo Community Health Services is a place you can go for health care, no matter who you are, where you live or how much you earn.

We are a not-for-profit organisation with more than 50 health and wellbeing services available mostly free of charge but some at minimal cost.



Our main services include bulk-billed medical practices, Men's Health Clinic, Women's Health Clinic, sexual health, allied health, child and family services, settlement services, mental health, counselling, Active Living Program and alcohol and other drugs support.

Connect with us at

www.bchs.com.au



Falls and Balance Exercise Program

Did you know 1 in 3 adults aged 65 or over fall one or more times a year.

How can the Falls and Balances Exercise Program help me?

The Falls and Balances Exercise Program offers a one-to-one initial assessment and supervised 45-minute group exercise sessions tailored to suit your needs.

Our Accredited Exercise Physiologist will do the assessment and run exercise sessions for you.

The main focus of the program is:

- Reducing the risk for adults that have increased danger of falling.
- Providing people with a safe and supervised environment where they can do specific exercises to reduce the risk of falling.
- Exercise sessions will focus on balance challenges, lower limb strengthening, range of motion and stretching.

What improvements will the program make for me?

We can work with you to improve:

- Balance
- Joint mobility
- Muscle strength
- Independence
- Confidence
- General health and wellbeing
- Better knowledge around falls
- Better knowledge of fall risk factors and fall-related injuries.



Falls can result in hip fracture, permanent disability and even death



Can anyone join the program?

You must meet one of the following criteria:

- Had one or more falls in the last 12 months.
- Have significant balance problems that place you at risk of falling or limits your ability to perform daily tasks.
- Increased risk of falling due to a medical condition such as osteoporosis, impaired vision, impaired sensation or weakness after a stroke.

What will stop me from joining?

Non-ambulant (eg. wheelchair). People who have fallen because of syncope, seizure or collapsing.

What should I wear?

Comfortable clothing and enclosed, well-fitted footwear.

What will the program cost?

\$6 per session.

Will I need a referral?

You do not need a referral to attend the program but consumers who are deemed 'high-risk' will need a medical clearance before taking part in any exercise sessions.

Where is the program held?

We have two venues.

Our Eaglehawk site at 3 Seymoure Street.
Y Community Hall, 10 Lockwood Road,
Kangaroo Flat (Opposite ALDI).

Who do I call with a question?

You can contact the Active Living Program team with your question or to join the Falls and Balances Exercise Program by calling 5406 1200.

Thank you

We appreciate you taking the time to learn more about our Falls and Balances Exercise Program. Thank you.