

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

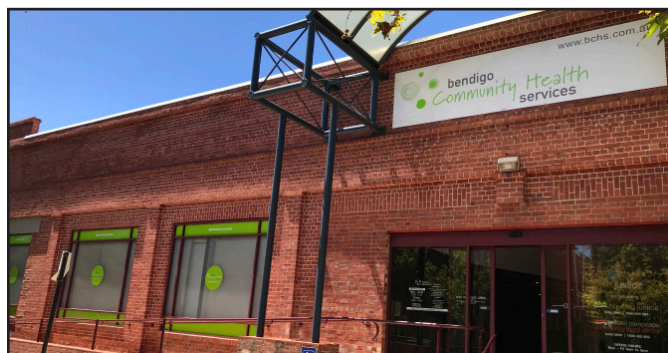
Bendigo Central, Vic 3552



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.

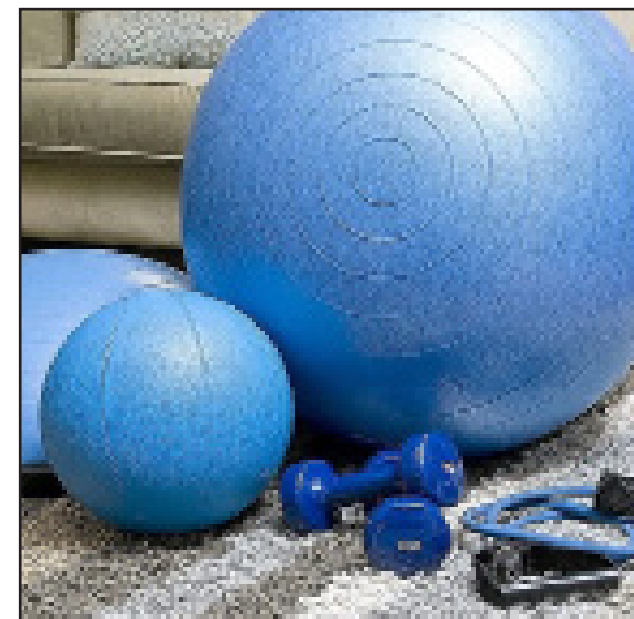
We are a not-for-profit organisation with more than 50 health and wellbeing services available mostly free of charge but some at minimal cost.



Our main services include bulk-billed medical practices, men's health, women's health, sexual health, allied health, child and family services, settlement services, mental health, counselling, Active Living and alcohol and other drugs.

Connect with us at

www.bchs.com.au



Exercise physiology

Learn how to exercise safely and right to improve your quality of life!

What's an Exercise Physiologist?

An Allied Health professional specialising in preventing and managing health conditions and injury treatment.

An Exercise Physiologist works with consumers in areas such as diabetes, obesity, asthma, chronic pain, cancer, heart disease, chronic pain, osteoarthritis, osteoporosis, COPD, impaired balance and rehabilitation for injury or before and after surgery.

Regular exercise can:

- Reduce the risk of Type 2 Diabetes by almost 60 per cent.
- Reduce the risk of obesity, osteoarthritis, osteoporosis, stroke and heart disease.
- Prevent certain cancers.
- Improve recovery from cancer.
- Improve breathing for those with lung disease.
- Combat depression and reduce stress.
- Prevent and alleviate lower back pain.
- Manage pain and increase movement for people with osteoarthritis.
- Reduce your blood pressure and decrease total cholesterol.
- Improve balance and reduce the risk of falls

What services are offered?

- Falls and Balance Exercise Group
- Type 2 Diabetes Exercise Group
- Chronic Disease Management
- Injury rehabilitation

One on one sessions for health coaching, self-management support, exercise advice and physical rehabilitation.



What do sessions cost?

Healthcare card/concession

Initial consultation - \$15
Subsequent/group sessions - \$10

Non-Healthcare card/concession

Initial consultation - \$20
Subsequent/group sessions - \$12

Falls and Balance Exercise Program

\$6 per session

Note: There is no out-of-pocket cost for Medicare.

Will I need a referral?

A referral is preferred so we can get a better understanding of your health background.

If you have a significant medical condition you will need a medical clearance from your GP before starting group exercise sessions.

Medicare

A referral from a GP is needed to obtain Medicare rebates for Type 2 diabetes sessions.

A GP Management Plan must be in place.

MBS item numbers: 81110 and 81115

How do I ask a question about Exercise Physiology sessions?

Call the Bendigo Community Health Services Active Living team on 5406 1200.

Thank you

We appreciate you taking the time to learn more about Exercise Physiology services. Thank you.

Program support

This service is supported by the Australian Government Department of Health and the Victorian Government Department of Health and Human Services. Visit www.health.gov.au and www.health.vic.gov.au for more information on these agencies.