

## Maryborough District Health Service - Community Services Events Program

<b>WHAT</b>	<b>WHERE</b>	<b>TIME</b>	<b>DAYS</b>	<b>DETAILS</b>
<b>Walking</b>	Phillips Gardens	10-11am	Mondays except Public Holidays	Especially suited to people who don't regularly exercise.
<b>Breath of Fresh Air Program (BOFA)</b>	Maryborough District Health Service			
<b>Strength Training</b>	Avoca Dunolly Talbot	9-10am 1.30-2.30pm 10.30-11.30am 2-3pm 9.30-10.30am	Tuesday & Thursday Monday Wednesday Wednesday Friday	Wear comfortable clothing and bring water to drink. The program can be tailored to meet your fitness level.
<b>Lifestyle Challenge</b>	Maryborough District Health Service			10 week program to improve your weight and waist measurement - to improve your health.
<b>Well Women's Clinics</b>	Avoca Dunolly Maryborough	10am-4pm 10am-4pm 11am-7.30pm	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday	This service includes an assessment of your health and a Pap Test.  You may also be able to receive the cervical cancer vaccination.
<b>LIFE Program</b>				
<b>Tai Chi</b>	YMCA	1-2pm	Monday	Gentle exercise and stretching. Suitable for arthritis sufferers.
<b>Living Well with Diabetes</b>	Maryborough District Health Service			
<b>Gear Grinders Men's Health Event</b>	Maryborough Princess Park	TBA	Sunday 5 <sup>th</sup> April 2009	Held in conjunction with the 'For Blokes' Sake' Cancer Support Group.
<b>Cardiac Rehabilitation</b>	Maryborough District Health Service	9.30-11am	Tuesday	Ongoing 7 session program for people who have had chest pain/heart attack or heart surgery.

*Contact Maryborough District Health Service - Community Services on 5461 0400 to enquire about these events*