

## Our Aim

The aim of the Healthy Aging Exercise Program is to provide a variety of enjoyable exercise sessions for older adults from the community and surrounding area



## Compliments and Complaints

If at anytime you have a concern or comment to make please do not hesitate to contact the Chief Executive Officer on 0260 71 5200 or write to PO Box 77 Tallangatta VIC 3700

Tallangatta Health Service is a flexible and dynamic provider of services that meets the changing needs of our rural community



**Tallangatta Health Service**  
is a  
**smoke free facility**

## Available at Tallangatta Health Service.

- Medical Centre
- Bolga Court : Residential & Respite
- Lakeview Nursing Home
- Respite Care
- Acute Hospital Care
- Home And Community Care
- District Nurse
- Occupational Therapist
- Meals on Wheels
- Women's Health
- Asthma Education
- Dietician
- Diabetes Education
- Exercise Classes, and Strength Training
- Podiatry
- Physiotherapy
- Bowen Therapy
- Activity Day Centre
- Social Worker
- School Dentist
- Red Cross Car
- Community Bus Hire
- Room Hire
- OSCH Childcare

For more details, phone  
reception: 0260 71 5200

## WELLBEING EXERCISE GROUPS



**PO Box 77**  
**25 Barree Street**  
**Tallangatta**  
**VIC 3700**

**Phone: 0260 71 5200**  
**Fax: 0260 71 2795**  
**Email: THS@ths.vic.gov.au**

### Exercise Group

- Gentle strength, aerobic and balance training and warm water exercises.

#### STRENGTH TRAINING

Monday and Thursday 10.00 am and 11.00am

#### GENTLE STRENGTH TRAINING

Tuesday 11.00 to 12.00 noon

Transport available

**Participants require a medical clearance before attending, if over 50 years of age.**

**Forms available on request.**

#### Benefits of Exercise

- Reduces incidence of falls and fall related injuries
- Lessons Arthritis pain
- Improves bone density in people with Osteoporosis
- Is effective in improving glycaemic control in patients with Type 2 Diabetes
- Improves social life and helps maintain independence
- Acts as an antidepressant in depressed people and improves mood and anxiety

### Tai Chi

Every Wednesday in the Tallangatta Health Service Physiotherapy room

Tai Chi for well being— 8.00am to 9.00am

Tai Chi for Diabetes — 4.00pm to 5.00pm

Tai Chi for Arthritis — 5.00pm to 6.00pm

Tai Chi facilitates the flow of “qi” through your body. Qi is the life energy that circulates throughout the body, performing many functions to maintain good health. Practicing Tai Chi helps to strengthen your “qi”, therefore improving your health

#### Pole Walking

Meets Monday and Thursday 4pm

Friday 5pm

Benefits include:

- 20% more calories burnt
- Increase muscle strength and endurance of upper body
- Reduction in neck and shoulder pain
- Less impact through knees when pole walking
- Improvement of overall health

Poles Supplied

**For more information on Exercise Programs**

**contact main reception on**

**0260 71 5200**

### LifeBALL

Held at Tallangatta Tennis Courts every Wednesday

Trips to other facilities are also organized

What is LifeBALL?

- Is a walking ball game
- Is a fun team game which is suitable for all ages
- Is played on a flat surface such as a netball or basketball court
- Adaptable to all fitness levels
- Reduces the risk of falls injury
- Increase physical activity
- Maximum enjoyment for all

