

Finding Your Feet

A one off interactive session that explores the challenges of looking after your feet with limited mobility, the importance of footwear in preventing foot problems and maintaining healthy feet. There is a practical focus with individual advice for better care of your feet.

SESSION DETAILS
Manningham Community Health 1020 Doncaster Road, Doncaster East
Tues 27th September, Wed 26th October or Tues 22nd November
10am - 11 am
\$7.00 per session

School Readiness Language Program

A 8 week program run by the speech pathology team to strengthen children’s language skills in preparation for starting school. The program will focus on a number of areas including problem solving, describing, sequencing ideas and talking about events, understanding and following instructions and responding to questions.

SESSION DETAILS
Stride Forward Early Intervention Centre 44 Balmoral Avenue, Lower Templestowe
Thursday 20th October - 8th December
2pm - 2.45pm
\$7.00 per session

It Takes 2 To Talk

A 9 week parent training program designed to empower parents to help their child develop language through their daily interactions with their children.

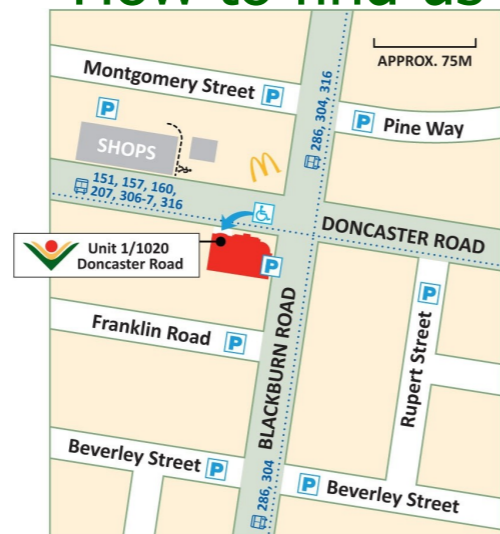
SESSION DETAILS
Manningham Community Health 1020 Doncaster Road, Doncaster East
Wednesday 12th October to Wednesday 7th December
1.30 - 4.00 pm
\$7 per session

Speech Sound Group

A 8 week program run by the speech pathology team to help children with unclear speech learn to produce individual speech sounds more clearly.

SESSION DETAILS
Monday Group (commencing 17th October) held at Manningham Community Health 1020 Doncaster Road, Doncaster East
Wednesday Group (commencing 19th October) held at Stride Forward Early Intervention Centre 44 Balmoral Avenue, Lower Templestowe
Monday group 9.30 - 10.15 am Wednesday - please enquire about time
\$7.00 per session

How to find us



Parking

- 4 visitor parking spaces (2 accessible) are available in front of entrance
- Limited visitor parking in basement, entrance is off Blackburn Road
- Parking is available in Franklin Rd and Montgomery St (check signs for restrictions)

Public transport

Bus 902, 907 & 207 - Doncaster Rd
Bus 901,902 & 286 - Blackburn Rd



**Manningham
Community Health**

SERVICES LIMITED

Yours, Ours, Together

The Manningham Better Health Program aims to promote a positive, active and healthy outlook through all of our services and programs.

We work in multidisciplinary teams to promote health and wellbeing, to enable our clients to achieve their health goals.

A range of groups are offered under the Better Health Programs.

October - December 2011

**Health Programs
Groups and Activities**

Tai Chi for Happiness

A 4 week program for women looking for a different way to increase fitness and confidence to exercise. Ideal for women who have not exercised for a while. Enjoy the gentle benefits of Tai Chi and take the opportunity to have a cuppa and a chat in a small group.

SESSION DETAILS
Manningham Community Health 1020 Doncaster Road, Doncaster East
Monday 10th October to Monday 21st November
11am - 12 noon
\$3 per session - this low cost program is only for people on a low income or a concession card

Fitness & Friendship Group

A slower paced exercise group for older women with chronic health conditions. The program includes exercise, refreshments and time for a social chat. Limited places available.

*Assessment required prior to attending group.

SESSION DETAILS
East Doncaster Baptist Church 47-53 Tunstall Road, Doncaster East
Every Thursday
10am - 12 noon
\$7.00 per session

Walktober

Walktober is Australia’s walking month where Australians are encouraged to do more walking.

To celebrate Walktober we are having a **free** walk at **Ruffey Lake Park**. All mobility levels are welcome. You can participate in either a slow paced walk (15-20 minutes), short walk (15-20 minutes), lakeside walk (30 minutes), or try Nordic walking (30 minutes).

Friday 14th October at 10.30 - 11.30am. Meet in the carpark (entry via The Boulevard). Don’t forget your water bottle (fruit will be provided)

LIFE! Taking Action On Diabetes

A program for people with pre-diabetes or wanting to lower their diabetes risk and improve health generally.

SESSION DETAILS
Manningham Community Health 1020 Doncaster Road, Doncaster East
5 session, fortnightly day or evening.
FREE
A doctors referral is required, then call 13 RISK (13 74 75) to make a booking

Diabetes 1 2 3

Three week program for people with newly diagnosed Type 2 diabetes to learn about diabetes. Also beneficial for anyone looking for a refresher about diabetes management. Topics include: what is diabetes, managing blood glucose levels, healthy eating, footcare and exercise.

SESSION DETAILS
Manningham Community Health 1020 Doncaster Road, Doncaster East
1st three Tuesdays of every month (except Nov - 1st Wed, then following 2 Tuesdays) 10am - 12 noon
\$21 for the three sessions

Chinese Diabetes 1 2 3

One-off diabetes education session that aims to provide participants with a summary of important aspects of diabetes management including blood sugar management and diet. Delivered in Cantonese or Mandarin, the content has been modified to be culturally appropriate for the Chinese culture.

SESSION DETAILS
Manningham Community Health 1020 Doncaster Road, Doncaster East
1st Friday each month, 10am - 12 noon
\$7.50

Strong People Stay Young - Beginners Program

A 6 week Progressive resistance strength training program to improve bone density, arthritis, osteoporosis, strength, fitness and diabetes. Twice weekly program involves the use of arm and leg weights.

SESSION DETAILS
Manningham Community Health 1020 Doncaster Road, Doncaster East
Monday and Friday, 24th October to 9th December
1.45 - 3.00 pm
\$65 for 12 sessions

Hydrotherapy & Water Exercises

A number of hydrotherapy/water exercise groups are provided. These groups are run at the Belmore School in Balwyn.

*Assessment at MCHS is required by one of our Physiotherapists prior to attending the group.

SESSION DETAILS
Belmore School Stroud Street, Balwyn
Various classes, please enquire
\$7 per session

Respiratory Health: Phase 3 COPD Maintenance Program

This program targets those who have lung problems that have been diagnosed as chronic obstructive in nature. Activities include a walking program, cardiovascular work, strength-training and singing to promote lung function and mental well-being. Formal referrals from physio / respiratory physicians required. Phase 2 COPD program to be completed prior to Phase3.

SESSION DETAILS
Bulleen-Templestowe Senior Citizens Crn Manningham & Balmoral Ave Lower Templestowe
Wednesdays (ongoing), 10.30 - 12.15 pm
\$5 per session

Mindfulness - Based Cognitive Therapy (MBCT)

An 8 week program for people who have repeated bouts of depression and/or chronic unhappiness. Participants in the group learn a range of exercises and skills based on Buddhist Meditation techniques and Cognitive Behavioural Therapy. Learn how to spend more time being creatively present, rather than dwelling on the past or worrying excessively about the future. MBCT is a gentle and effective technique that helps maintain clarity and well-being. Please contact Bill Spawton for further details.

SESSION DETAILS
Manningham Community Health 1020 Doncaster Road, Doncaster East
Every Thursday 13th October - Thursday 1st December 10.00 am - 12 midday
\$80 - includes 8 x CDs with guided meditations

Healthy Eating Supermarket Tours

Run by local dietitians at Coles supermarket - Tunstall Square.

SESSION DETAILS
Coles - Tunstall Square, Donvale
11th October 10 am - 12 noon
Diabetes Australia Members \$10 Non Diabetes Australia Members \$15 (Includes show bag and shopping guide)

Nordic Walking

Nordic walking is fitness walking with specially designed poles to create a low impact whole body workout. Suitable for those who can walk independently or with a stick. It is less stressful on the joints than normal walking but activates more muscles than normal walking.

SESSION DETAILS
Ruffey Lake Park, Boulevard Entrance Carpark
6 weeks, commencing Friday 28th Oct
10 am - 11 am
\$42.00 for the 6 week program, poles provided

Pilates for Beginners

Improves muscles and balance to help reduce injuries and postural problems. Benefits those with chronic or recurrent back problems. Please do not miss the first session.

SESSION DETAILS
Manningham Community Health 1020 Doncaster Road, Doncaster East
Wednesday, 26th Oct - 7th Dec (No class on 30th November) 1.45—2.45 pm
\$42 for 6 sessions

Safe Moves

A 15 week group-based exercise and education program designed and delivered by a physiotherapist and other allied health staff. The program is designed for people who have been having falls or who are fearful of falling.

*Assessment by an MCHSL physiotherapist is required prior to attending this group.

SESSION DETAILS
Manningham Community Health 1020 Doncaster Road, Doncaster East
Tuesdays at 1.30 - 3.00 pm Ongoing intake, participants can commence at any time
\$75 for 15 sessions

Staying Active Group

An ongoing maintenance program for older people who wish to improve their balance, flexibility, strength and exercise tolerance.

Conducted by physiotherapy staff, involves use of arm and leg weights.

*Assessment required prior to attending group. Limited

SESSION DETAILS
Manningham Community Health 1020 Doncaster Road, Doncaster East
Every Thursday during school terms 1.30 pm - 3.00 pm
\$63 per term

