

WINDA-MARA



HEALTHY LIFESTYLE NEWSLETTER

March 2018

Medical Clinic Hours

HAMILTON MEDICAL CLINIC

MONDAY 9AM- 5PM

TUESDAY 9AM- 5PM

WEDNESDAY 9AM- 5PM

HEYWOOD MEDICAL CLINIC

THURSDAY 9AM- 5PM

Other Services

BLOOD TESTS

FLU VACCINE

DENTAL

PODIATRIST

REFLEXOLOGY

MASSAGES

PSYCHOLOGY

DIETICIAN

HEALTH ASSESSMENT

HOME VISITS

SMOKING CESSATION

HEARING & EYE TESTS



Our first client to visit our new Medical Clinic in Thompson St, Hamilton.

Pictured is baby Mikkylah Boney with Winda-Mara Nurse Kevin

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A HEALTHY COMMUNITY IS A HAPPY COMMUNITY

GYM ACCESS

Aboriginal or Torres Strait Islander people can access the community gym in Heywood or a membership at Hamilton Indoor Leisure Aquatic Centre . All clients must make an appointment at Winda-Mara to have an Aboriginal and Torres Strait Islander Health check and provide a doctors clearance.

It is recommended that people exercise for 30 minutes a day, research has shown exercise improves your mood and decrease levels of stress, depression and anxiety. It also lowers the chance of chronic diseases developing and can help with weight loss,

Please contact the Health team at Winda-Mara for more information.

BREAST SCREENING PORTLAND

Women over the age of 40 who haven't had a breast screen in over 2 years are encouraged to attend Portland District Hospital to get their free breast screen.

The Winda-Mara health team is organising a bus to travel to Portland on the 27th March at 9am. There is limited spots available so please contact Jessica at Winda-Mara on 03 5527 0000 to secure your place.

What are the benefits of Breast Screening?

- *Regular screening prevents deaths from breast cancer.*
- *Breast screens can detect most cancers early – even before they can be felt or noticed.*
- *If breast cancer is found early, it is more likely to be small, and successfully treated.*
- *The earlier breast cancer is found, the better your chance of surviving it.*

YOUTH

BOXERCISE CLASS

Every Tuesday

Heywood Boxing
Club

4pm—5pm

9 to 17 years old

PERSONAL TRAINING HAMILTON

15 Years and
over

Tuesday 13th
March

Patterson Park

King Street

5:30pm–6:30pm

NATIONAL CLOSE THE GAP DAY

Thursday 15th March 2018

4pm—5:30pm

Hamilton Botanic Garden (BBQ Area)

National Close the Gap Day (NCTGD) is a national day of action to pledge support for achieving Indigenous health equality by 2030.

Last year, more than 160,000 people took part in 1,640 separate National Close the Gap Day events across the country. NCTGD aims to bring people together, to share information and most importantly to take meaningful action in support of achieving Indigenous health equality by 2030.

With continued support from the public, we can ensure the Australian Government continues to work with Indigenous communities, commit additional funding and invest in real partnerships.

MEN'S GROUP

Date: Friday 9th March

Where: Winda-Mara, Thompson St Hamilton

Time: 9am

Transport provided, please contact Shane at
Winda-Mara on 03 5572 5715.

HEYWOOD RURAL HEALTH

HOW TO BUILD A HEALTHY LUNCHBOX

- Start with a base of breads and cereals. Use different types of bread. Try crispbreads, or corn or rice thins for a change. Pasta, rice or noodles can also make a good base for a lunch in a box.
- Add meat or meat alternatives. Lean beef, lamb, pork, ham, chicken or turkey. Fish, tuna salmon, hard boiled eggs, peanut butter, hummous, 3 bean mix or baked beans.
- Add at least two vegetables. Lettuce, grated carrot, capsicum, avocado, cucumber, sweet potato, beans, tomato or celery.
- Add dairy foods for strong bones. Cheese, yoghurt or custards. They need to be kept cold.
- Add some fruit. Any fruit in season. Try whole fruits or chopped up. Stewed fruit or tinned fruit with no added sugar are also good options.
- Don't forget the drink, water is the best drink.
- Keep Food Safe. For lunchboxes, pack food cold and use an insulated lunchbox or bag and add a frozen icebrick to keep food cold.



WINDA-MARA FATHER & SON FISHING COMPETITION

**16TH - 18TH
MARCH 2018**

FITZROY RIVER

PRIZES TO BE WON

IF YOU REQUIRE
TRANSPORT OR
ACCOMMODATION
PLEASE CONTACT
WINDA-MARA.

WOMEN'S WELLBEING GROUP HAMILTON

Every Thursday from 11am to 3pm

Hamilton House, Kenna Ave

Lunch provided

Activities include Zumba exercise class, card games, scrapbooking and mindfulness.

TACKLING INDIGENOUS SMOKING

“IT’S NOT FAIR, DON’T RUIN MY AIR”

What is thirdhand smoke?

Thirdhand smoke is residual nicotine and other chemicals left on indoor surfaces by tobacco smoke.

People are exposed to these chemicals by touching contaminated surfaces or breathing in the off-gassing from these surfaces.

Babies and children are at the most risk of 3rd hand smoke exposure due to the fact that it remains on carpet and soft toys where young children spend a lot of time around.

If you wish to quit smoking, please contact the Tackling Indigenous Smoking Officer Njirrah at Winda-Mara

Contact Us

Give us a call for more information about our services

Winda-Mara

Heywood Office

03 5527 0000

Hamilton Office

03 5572 5715

Visit us on the web at www.windamara.com.au



Charmaine Barker – TIS Biggest Loser Challenge

Mother of 5, Charmaine started smoking when she was 15 years old, she realised she was in poor health when she struggled to walk up the stairs to her home. She signed up for the T.I.S Biggest Loser Challenge with goals set to stop smoking and lose 15kg by the end of the 14 weeks. Charmaine has been smoke-free since the 8th October 2017 and has lost 8kg since completing the challenge. She can now easily walk her children to school and has stated she feels great since quitting smoking and becoming more active.