

## Hospital Rebuild

Revised stages of our re-build are:

### → Stage 1

*\*anticipated completion date June 2024*

- **Aged Care Stage 1**  
30 beds
- **Acute Hospital & Urgent Care**
- **Support Services**  
Kitchen, Stores, Laundry

### → Stage 2

*\*anticipated completion date October 2024*

- **Community Care**  
Home Care, Allied Health, GP Clinic, SSG Function Room, Administration, Reception

### → Stage 3

*\*anticipated completion date December 2024*

- **Aged Care Stage 2**  
(\*assuming no major delays/interruptions)

## REBUILD FUN FACTS



## Exercise Physiology

Did you know that Exercise Physiologists (EPs) can support you managing the symptoms of chronic illness and injuries?

This may include cardiac (heart) disease, diabetes, respiratory (lung / breathing) issues, strokes, autoimmune diseases, falls risks, chronic pain symptoms and many more.

EP's can also work to prevent the prevalence of secondary diseases and can have a positive impact on physical and mental wellbeing.

EP's work with clients to assess their current fitness level and find an exercise program that is appropriate for that individual. Our EP's are qualified and understand how to care for clients with complex needs and how medications interact when you exercise.

Treatment options include:

- Individualised exercise rehabilitation programs
- Assessments for specific group exercise classes
- Mobility/ walking aid recommendations

REDHS Exercise Physiology Services are available at Elmore and Rushworth.

For appointments and more information please call 03 5484 4400.



## Urgent Care

located at 40-44 Moore Street  
Rochester, 8:30am - 5:00pm  
Monday to Friday  
Call 0428 358 892

