#### REDHS News $\diamond^{\diamond}$ REBUILD WASTE FUN FACTS 1.3 tonnes of waste is removed from the site each fortnight CONTRACTORS Our Carpenters, Electricians and CLADDING Plumbers are locals from Rochester, 850 square metres Elmore and Echuca of cladding will be installed on the building's external



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# **Hospital Rebuild**

Installation of the external cladding is now underway, with the black plastic coming down in stages (pictured below) as the cladding sheets are fitted.

The program of works is under review, which may see some of the staging reshuffled. However, the final completion date remains unchanged for December 2024.

A big grand re-opening is planned for the end of this year and members of the community will be invited to come along and inspect our refurbished hospital.

## The March Charge

REDHS is participating in the Cancer Council's *March Charge*. A month-long fitness challenge to raise funds for world-class cancer research, prevention programs and support services.

This year in Australia an estimated 162,000 people will hear the words "you have cancer", Our staff are doing their part to change this by getting active and fundraising for people impacted by cancer.

If you would like to support our team, please click on the link below. Every dollar raised will help support the Cancer Council's life-saving cancer research, prevention programs and support services.

Cancer Council The March Charge
Www.themarchcharge.com.au/fundraisers/ rochesterandelmoredistricthealthservice
SUPPORT OUR MARCH CHARGE TO END CANCER
DONATE NOW

## **Men's Cooking Classes**

Our Men's Cooking classes are underway.

Under the expert guidance of Anthony, our Catering Team Leader, participants are learning how to make delicious recipes such as Chicken Schnitzels, Avocado Salsa and Potato Salad.

Our free men's cooking classes are made possible with funding from the Murray PHN, with classes held weekly over six weeks.

If you are interested in joining, please call our Health Promotions Officer on 03 5484 4400, or scan the QR code below.



#### **Urgent Care**

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



**Rochester & Elmore District Health Service** 

walls

03 5484 4400

#### www.redhs.com.au