

REDHS News

Rochester Exercise Classes

Weekly **Fitness for Older Persons** and **Strength and Balance** exercises classes are now available in Rochester at the 4R's corner Diggora Road and Northern Highway.



Class timetable:

- Fitness for Older Persons - 9:00am -10:00am
- Strength and Balance - 10:30am - 11:30am

Cardiac Rehabilitation classes are also available at the Rochy Gym, Wednesdays, 1:00pm -2:30pm.

To register and find out more please information please call 03 5484 4400

REDHS Services

Services continue to be provided to eligible clients in the Rochester, Elmore and surrounding communities for the following services:



District Nursing

Home Care Services

Social Support Group

Allied Health Services

Services are available at our Jeffrey Street, Elmore site, Rushworth and Lockington for:

- Dietetics
- Exercise physiology
- Exercise programs
- Occupational therapy
- Podiatry
- Social Work

RFDS Community Transport is available for appointments.

Urgent Care

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



redhs
Caring for Our Community

Revised Rebuild Timeframe

Building works due to be completed by November 2024

- **Aged Care, Acute Hospital, Urgent Care**
- **Support Services** - Kitchen, Stores, Laundry
- **Community Care Wing** - Allied Health, Home Care, GP Clinic, SSG Function Room, Administration, Reception

